

# FROM THE DEPTH OF MY HEART...

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Dearly Beloved,

Greetings from the presence of God!

We just started this year and one month passed. Time flees like crazy, but God's grace is increasing abundantly everyday. As a New Testament believer the only thing we have called to do is to thankfully acknowledge what He has done for us. Gospel people are grateful and gratitude people. There is absolutely nothing for us to plead and beg God for any blessing. We are blessed in every spiritual blessing and all things that pertain to life and godliness are abundantly given to us. Thank God that He has rescued us totally from the power of darkness and fully qualified us to share all the blessings of heavenly saints. Wow, what a privilege! Please make this year a consistent year of praise and worship to pull down all the Jericho's and possess your possession.

We are experiencing wonderful time of outpouring of the Holy Spirit in the current batch of forty days School of the Holy Spirit. We see every school increasing in intensity and glory. Right now, we are enjoying spiritual hunger of our 125 students of second batch of forty days School of the Holy Spirit. More than half of them are already in full time ministry. All of them testified an increased level of revelation, anointing, freedom and joy. Pray for them as they go out into their harvest fields on February 28th.

From March 1st onward we will conduct our 5th batch of Ladies School of the Holy Spirit. We are receiving so many testimonies of powerful ministry, family transformation and reunion, miracles, signs and wonders from our dear ladies. You are still in time to apply and come. Pack your bags today and be ready to fly.

This year, the Lord gave me a special commission to conduct five days 'Holy Ghost Explosion' in five major cities of India. The Lord's promise to us was Holy Ghost revelation, Holy Ghost manifestation, Holy Ghost transformation. Keep visiting our website [www.ezekiahfrancis.org](http://www.ezekiahfrancis.org) for further details.

We are receiving increasing burden to deliver people who were trapped by the devil in addictions, temptations and destructive habits. Keep praying for us as we are seeking the Lord as to how to create the most

## ATTENTION!

**Please mail a copy of the bank challan to [finance@ezekiahfrancis.org](mailto:finance@ezekiahfrancis.org)  
or call our office and  
give us the details of your remittance. This will help us send receipts promptly.**

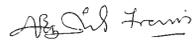
effective program for this special need. The Lord promised us that many mighty warriors for Jesus will be released and be launched into ministry through these programs. We have kept aside the entire month of July for this purpose. People can go through the full program of 31 days or attend only the first segments. We request your special prayer as we launch into special battlefield.

God is challenging us strongly to launch Schools of the Holy Spirit in other states of India also. Pray for the right place and for people to help us in this ministry.

Continue to follow us on Facebook and visit our website [www.ezekiahfrancis.org](http://www.ezekiahfrancis.org) to know the details of our seminars and pray for all our programs this year.

Pray for me and my wife, for our ageing parents, leaders, and staff. May the Lord Almighty establish your territory and make you a blessing to the nations. Be the head and never again the tail. Lend to nations and never borrow again. Let the blessings run before you and overtake you in Jesus Name!

Yours in Christ,



# EVER INCREASING GLORY

**Dr. Ezekiah Francis**

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The God we serve, is a God of glory. Heaven is full of glory because of God's presence. We call heaven, 'Glory-Land', because the whole heaven radiates His glory. Even though earth is the place of preparation to enter into the Glory-Land, God wants every child of His to have measureless glory on this earth.

So, every time we come into God's presence, something happens. God ordains the time, we spend in prayer as a time of experiencing His glory. Even before you utter a word in prayer, the presence of God which we enjoy can answer all problems. God wants every child of God to be filled with His glory. God's Glory can do anything, everything, anywhere at anytime. It is an all-inclusive word. Glory has the answer for all questions of man's life.

## **What is glory?**

Glory is "the manifested presence of God". When God appears with His glory, He is in full action. When He arises with His glory, He provides, heals, guides, guards, revives, sanctifies, satisfies and shines. The Greek equivalent for the word 'glory' is "KAH-VOHD", which means weightiness; that which is substantial or heavy; glory; honor; splendor; power; wealth; authority; magnificence; fame; dignity; riches and excellency. Oh! What a rich word it is! There are so many such shades of meaning for the word 'glory' in Greek.

The root word "CHABOD" is "CHABAD", which means 'to be heavy', 'glorious', 'notable' or 'to be renowned'. Chabod, God's glory which not only means His honor, renown and majesty but also visible

splendor which filled Solomon's temple and will someday fill the earth.

From the chabod, the Hebrew word JOCHEBED is being derived. That means YAHWEH is 'glory'.

## **1) GLORY IS VISIBLE**

### **a) The Glory, manifested through Moses:-**

The first and foremost characteristic feature of glory is that it is visible. In Ex. 16:7, God promised Moses, "In the morning you will see the glory". With this we understand that the glory of God can be seen. The Bible says that Isaiah saw the glory of God and spoke about it. Do you believe that you too can see the glory of God? The Bible also says "The glory of God shall appear over you." (Isa. 60:2). When God's glory is upon somebody, others can witness that glory easily. When God asked Moses to come to the top of the mountain, he climbed with an expectant heart. Exodus 31 and 32 narrates the incident of Glory-manifestations vividly. As Moses climbed the mountain, the cloud covered the whole mountain with the glory of God and it was there for six days. Then God called him to another realm of glory. He went through the cloud to the top of the mountain. As he went through it, the glory of God was shining at the mountain - top and all the Israelites could literally see the glory of God. It looked like a consuming fire for them. Here When the glory came and the people could see the glory like a consuming fire with their naked eyes. (Ex. 19:16-19; Heb. 12:18-21).

When the glory comes, it is possible for us to see it in the form of fire and cloud. In our seminars we saw

the literal glory coming down. In one of our seminars, when people were dancing and worshipping God, some felt drops of rain falling on them. Immediately one man wanted to check whether it was raining outside the meeting hall or not. He ran out and saw the bright sun and there was no sign of rain. Another time a man came to the platform and said, "Oh! All around us, there is mist, and even in my pocket, I feel the mist". Once the glory of God comes down upon you, you will have undeniable evidence and authentic proves. Nobody can close their eyes when the glory shines upon you even unbelievers would astonish at its splendor. When the glory of God comes, you can be transformed thoroughly. Dead people can easily be raised. Something supernatural happens, when God's glory descends.

#### **b) The Glory manifested through Elijah**

The Bible says, when Elijah offered the sacrifice, the fire came down and burnt the offering. All the people of Baal saw the literal fire coming down from heaven. "Then the fire of the Lord fell and burned up the sacrifice, the wood, the stones and the soil and also licked up the water in the trench." (I Ki. 18: 38). Whenever people see the glory, the response of them is note-worthy. Here people of Israel after seeing glory they shouted, "Jehovah is God! Jehovah is God!!"

#### **c) The glory manifested through Solomon.**

Even at the time of King Solomon, people saw the God's glory descending. When Solomon had finished praying, fire came down from heaven and consumed the burnt offering and the sacrifices; and the glory of God filled the temple. And the priest could not enter the house of the Lord, because the glory of God had filled the Lord's house. When all the children of Israel saw how the fire came down, and the glory of God shone on the temple, they bowed their faces to the ground on the pavement, worshiped and praised God (II Chr. 7:1-3). Now, as you are the house of God. His glory shall fill you so much that others can see it openly.

#### **d) The glory manifested through Jesus**

In Jesus' life, when the glory descended, He could even bring back to life a person who had died. When Lazarus was sick, Jesus said to His disciples, "This

sickness will not end in death. No, it is for God's glory, so that God's Son may be glorified through it." (Jn.11:4). When Jesus stood before the sepulcher, Jesus spoke to Martha, "Did I not tell you that if you believed, you would see the glory of God?" Jesus was full of God's Glory. He commanded Lazarus to come out, his legs and hands were tied up, even his eyes were wrapped in strips of linen. How did he come outside? Once when the glory enters a person, even a dead person can jump and leap outside as a living person. I believe that God's glory entered the grave, not only did it make him alive but it also lifted him and brought him out. So what we need today is, the glory of God which will dispose the power of God and exhibit signs and wonders. Jesus said, "I tell you the truth, any who has faith in Me will do, what I have been doing. He will do even greater things than these" (Jn. 14:12) If we believe and act upon this promise of God, all flesh shall see the glory of God (Isa.40:5)

#### **e) The Glory manifested through John**

When John, the apostle saw the Lord in glory, he fell at his feet as dead. And he received the messages for the churches (Rev.1:17). He saw many visions. He saw the present glory of heaven and the future glory of the earth. When you are filled with the glory of the Holy Spirit you too can climb up to the heavenly glory realm and write about the future glory of the church and the nations. "When I saw Him, I fell at His feet as though dead... Write, therefore what you have seen, what is now and what will take place later" (Rev.1:17,19).

#### **II) The Glory of God is Tangible**

The glory of God is tangible. You can touch it, sense it and experience it. John, the apostle explains his experiences of glory as follows in I Jn 1:1,2, "Which we have looked and touched". Where the glory comes from and where it goes to can be physically sensed by us.

When Jesus lived on the earth, He was filled with glory (John 1:14). The gospels often speak of the glory of Jesus which touched the sick. Mark 3:10; 5:27-34; 6:56 talks of Jesus touching the sick (1:41,42; 7:33-35; Mt.8:3,15; 9:29,30; 20:34; Lk.5:13; 7:14,15; 22:51) It was the point of contact and the glorious presence of Jesus that mattered. His touch has tangible healing power because He sympathizes with our infirmities.

When we touch Jesus the glory passes on. Our responsibility in seeking tangible glory is to draw near to Jesus and to abide in His presence. Our hands of faith can touch His glory. Our touch with faith will release God's glory for our healing, health and wholeness.

#### a) **GIDEON**

“When Gideon offered the sacrifice, the angel of the Lord put forth the end of the staff that was in his hand and touched the flesh and the unleavened cakes; And there rose up fire out of the rock and consumed the flesh and unleavened cakes” (Jdg. 6:21). Here we see that the touch of the angel brought down the glory of God. This offering denotes the offering of our body as a living sacrifice. Such kind of offerings of consecration receive the glorious angelic ministry. Today we need angelic ministry to bring down the glory of God. God of Gideon is the same to send His angels. It is easy to enjoy God's glory through angelic ministry.

#### b) **Witness from One of the Berachah Seminars.**

Let me share one of my experience regarding the glory touch. One day I was preaching about the glory of God in one of our Victorious Life Seminar in South India. After the meeting was over, I wanted to escape from the people because people throng after me. I got into my car and closed the door. A man who attended the meeting had a severe chronic ailment in his body. He tried many doctors, but in vain. He was depressed and lost hope. He wanted me to pray for him. But, Alas! He was helpless as I got into my car. At that moment he heard a voice saying, “Go and touch the car.” He immediately responded and touched the car. I was not aware of this. After three months I received a letter from him saying, “Brother, you may not know what had happened to me on the other day. When the car started, I touched it. Immediately a power like electricity passed through my body, the same night I was healed of my impotency. The doctors could not understand this. I stay in health now.” I don't write this to glorify a man but to glorify the God of glory.

Similarly, the glory of God can come upon you so much that people who touch you can feel the glory of God. Expect the glory of God to move in you a special way so that people will feel it literally.

### III ) **Glory and His voice**

a) **The glory of the Lord and the voice of God are inseparable.** God's glory always carries God's voice. Whenever the glory appears God spoke to His people.

a) God spoke to Moses from this glory. (Num 16:44-50) The Lord said to Moses, “Get away from this assembly so that I can put an end to them at once. Here God's consuming glory appeared God opened His mouth and spoke, to defend and to attest Moses' calling and anointing. His glory opened the mouth of the earth and swallowed Korah and his gang. His glory caused the plagues to spread which took away the lives of 14,700 people. (Num.20:6) “So Moses and Aaron went from the assembly to the entrance to the tent of meeting and fell face down and the glory of the Lord appeared to them. When the glory of the Lord appeared the voice of the Lord was also heard.” (Exo. 24:16 ,17) In one more incident, we see that the glory of the Lord brought His voice. Now the glory of the Lord rested on mount Sinai and the clouds covered it for six dys. On the seventh day, He called Moses out of the midst of the cloud. The sight of the glory of the Lord was like a consuming fire on the top of the mountain in the eyes of the children of Isreal. So Moses went to the midst of the cloud and stayed there for forty days and nights. That was the time he received the ten commandments. And also I believe only then God spoke to him on what had happened from the creation of the world. As a result we have the (**\*pentatuech.**) in our hands. Do you really want to hear God's voice and put it in writing for the benefit of the present and future generations ? Attempt for glory experiences. No doubt, you will be through.

#### b) **Jesus' glory and God's voice**

When Jesus was upon the mount of transfiguration, His face did shine as the sun and His raiment was as white as the light. While he yet spake behold a white cloud overshadowed; And behold a voice out of the cloud which said “This is my beloved son, in whom I am well pleased. Hear ye Him.” Peter could not forget this experience all through his life. When he wrote a epistle, he makes a note of this glorious experience. The voice Peter heard from God's glory is a ever ringing voice. As Peter heard that voice ringing in his ears, he makes a note of it in his epistle after a long-time. (II Pe. 1:17, 18) If you want to hear God's voice

constantly and continuously you need to have the glory experience.

### Different Levels of Glory

God manifests His glory in different levels according to the availability of His people. There are many levels of glory. Everyday the Israelites were under the glory cloud. Then God called Moses to the mountain top to experience another level of glory. Then the Bible says, “Lord, I am not satisfied with this level of glory. I want to see your glory in totality”. And God said, “I cannot show it now, once when you see my whole glory, you will fall dead. I have kept the glory in store for you in heaven.” So we call heaven as the Glory Land. We go from glory to glory. There comes a time when we have all the glory of God and we are there at the Glory Land. The Bible calls it as ever-increasing glory.

Moses was able to experience the same glory and when you come at the end of Exodus chapter 40, the Bible says that the glory of God came and filled the tabernacle, even Moses could not enter. That is another level of glory. Moses called all the people and he asked them to take care of all the problems among themselves. There were about 6 lakhs men. You can imagine the number of problems that would arise. Moses asked the people to wait till his arrival. Moses was not time conscious. He always seeks the glory of

God. The problem with us is that we want everything to be instantaneous.

### 5 The difference between New Testament glory and Old Testament glory

The glory of God can make the church shine. The Bible says, “Once when Moses came down from the mountain the skin of his face was shining.” The interesting thing was that his own elder brother could not come near to him. As Moses was coming down Aaron and all the elders were trembling. When the glory of God is upon you, even your own relatives and the nearest kith and kin will have reverential fear about you. The Bible says in II Cor. 3:13-18 “We are not like Moses, who put a veil over his face to keep the Israelites from gazing at it while the radiance was flashing like light.” The “shine” on his face would have faded away, may be after a week or ten days. But we have far more glory than the glory of Moses. It is an ever increasing glory. It increases day by day.

I want to give you some tips about the ways of increasing your glory so that you can become a totally transformed person. When you have the glory, you will have everything. The glory of God can be considered as a package. Everything is inside this package. You must understand the difference between the glory of the Old Testament and the glory of the New Testament. In the Old Testament, you can see how the glory of God entered the Tabernacle. You can also see the glory clouds above the ark of God. Every time Moses and Aaron came, they radiated God’s glory. But in the New Testament, the glory of God stays in the tabernacle, which is the house of God. There is something very special about the New Testament.

Now it is not the question of receiving the glory, but releasing the glory. You have the glory of God right in the inner spirit, which is the most holy place. When the Triune God comes, glory accompanies them. The Father God is the God of glory. Ac. 7: 2 says that the glory of God appeared to Abraham. God says, “I will glorify the place of My feet”. God the Father is glorious. His very name is God of Glory.

How about Jesus? ‘The word became flesh, then we beheld His glory, the glory of the only begotten son of God, full of grace and full of truth’ Simeon took the child Jesus and said, “I have seen the glory of God (Lk. 2: 29 - 32). The Bible says in Colossians 1: 27 “Christ in



you is the hope of Glory”. Paul says that he suffered for the sake of truth. The very fact that Jesus lives in us gives us the hope of glory. Paul says in I Cor. 2: 8 “They have crucified the Lord of glory”

Paul’s ministry was a ministry of the Holy Spirit. The glory of Moses’ was so great how much more would be Paul’s glory. If you are living in the New Testament, your glory is far more than the glory of Moses. (II Cor. 3: 6 -18). The glory of God can be compared. The Bible says, “ The glory of the latter house shall be greater than the glory of former house”. (Hag. 2: 9). We read in I Cor. 15: 41 “The glory of the stars differs from one another”. We can increase in glory to the extent that we yield. After reading this article, I pray that your desire for glory would increase. You can increase your glory only by knowing that God’s glory dwells in you and not by sobbing and begging.

Everyday as you walk in the Lord without your knowledge, you are transferred from one level of glory to another level of glory. As you look unto the glory of Jesus, something happens in you. As a child of the glorious God, you are experiencing an ever increasing glory.

As a man of God I just want to say what God says to you now, “ I’ve given you ever increasing glory. You need not walk in the yesterday’s glory level, you can walk in a greater glory level. I want you to know one truth. The glory of God is within you. You can go from one glory level to another. The Bible says, “By the spirit of God, when you walk with the Holy Spirit, the Holy Spirit can carry you from glory to glory.” (II Cor. 3:18 )Isn’t that a wonderful thing. The first thing that a believer should know is that the glory of God dwells in you and it can be increased. Remember that you have the glory of the Father, the glory of Jesus and the glory of the Holy Spirit. In other words, you have all the glory at your disposal.

## NEWS

◆ Andhra Pradesh Chief Minister Kiran Kumar Reddy resigned from the post against the passage of the Telengana Bill. He also announced that he has quit the Congress party.

◆ The Aam Admi Party convenor Mr Arvind Kejriwal resigned as the Chief Minister of Delhi. As the Union Capital Territory does not have full autonomy as a state, the legal provisions require any new Bill the prior scrutiny of the Lt. Governor. However, Mr Kejriwal, who raises the anti-corruption plank in politics, tried to introduce the Jan Lokpal Bill directly and faced stiff opposition from Congress, which supported the Government from the outside. The BJP also raised its voice against his move saying he tried to subvert the established norms.

◆ With the Parliament General Elections fast approaching, the Election Commission of India has made it mandatory for the prospective contestants to file their nominations electronically. The Chief Election Commissioner and the two other Election Commissioners are involved in consulting various stakeholders in conducting the elections and are due to announce the dates of polling soon.

◆ Supreme Court in a landmark judgment dismissed the review petition filed by some NGOs, supported by the Government, to nullify its earlier order holding that homosexuality is illegal. The apex court said that there is no ground to legalise unnatural sex.

◆ Indian cricket team lost the New Zealand Test cricket series as well by 1-0. Brendon McCullum, the captain of the host team scored triple century in the Wellington Test, which is the first record for a Kiwi.

◆ Indian Olympics Association has been admitted into the International Olympics Committee following the elections held to the country’s sports body.



# **SUPER-CHARGE YOUR BRAIN**

**Rev. Benita Francis**

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Dear students, as you are earnestly preparing for your exams, remember your wonderful Lord has prepared for you all means to really excel even in your secular studies.

Our brain is the most amazing wonder of God's creation! Every impulse, everything you see, hear, touch, smell or taste, is converted into electrical impulses so that your brain can understand it. All of that happens at lightning speed. Yet there is more to it:

When you see a scene, your brain doesn't perceive it as an entity. Your brain actually extracts vertical lines, horizontal lines, circles and squares, and stores each of them in a separate place! Imagine!!! Even the colors are stored in separate places, as well as the distance and the speed in the case of a moving object.

It's a pure miracle how your brain again brings all these informations together and makes you perceive them as one picture - and all of that at such an amazing speed that you never even know how much work your brain has done the moment you open your eyes and before you even perceive your surroundings! Doesn't this just make you want to worship your wonderful Creator!?!

Now imagine, that is just the brain of ANY person on this planet - but you are a born-again, Spirit-filled child of the Most High God! (If you don't understand what I'm talking about, please refer to the end of this book). You are so much more - you actually HAVE the MIND of CHRIST, the Anointed One, the Living Word, the Creator God (1.Co.2:16)!

Is there ANYTHING impossible for you to understand or to learn?!? Our Lord Jesus Himself said

that ALL things are possible with God, and ALL things are possible to him who believes (Mt.19:26; Mk.9:3; 10:27). So WHY should you fear that test or that exam???

Throughout life, your neural networks reorganize and reinforce themselves in response to new stimuli and learning experiences. The more you learn, the more your learning capacity actually increases! This body-mind interaction stimulates brain cells to grow and connect with each other by extending branches of intricate nerve fibers called dendrites (from the Latin word for "tree"). These are the antennas through which neurons receive communication from each other.

**One healthy, well-functioning neuron can be directly linked to tens of thousands of other neurons, creating a totality of more than a hundred trillion connections! Each of these is capable of performing 200 calculations per second!**

This is the structural basis of your brain's memory capacity and thinking ability! Research shows that the storage capacity of our memories is practically unlimited. Can you now understand that even the greatest genius would have used maximum 6% of a human brain's ability?

In this last chapter of our brain study, I want to challenge you once again to become all you can be! Use all the potential your Creator has put into you! Never think or say you cannot - because the only thing that can limit you is YOU! As our Lord Jesus says so clearly: "According to your faith let it be to you" (Mt.9:29).

As science and understanding of brain processes progress, new learning techniques are being found out.

I want to share a few of them with you here to help you maximize your brain.

## **Super-learning techniques**

Well. Now we can go into the strategies and techniques. You can decide which ones to apply for different tasks. I would suggest that you try all of them and see which suits you best.

As we have seen, our brain has infinite storage capacity - the only problem is how to file the information so you can easily access it at any time. Memory systems improve your memory by creating a filing cabinet in your mind. What memory systems do is help your brain go from chaos to order! Wow! Imagine how much easier your life will be!

### ***No multi-tasking!***

Your brain is not really able to multi-task. It is a sequential processor. Large fractions of a second are consumed every time the brain switches tasks. Driving while talking on a cell phone is actually like driving drunk! Reaction time is half a second longer, and therefore cell-phone-talkers cause many accidents. Studies have shown that error rate goes up 50% and it takes up to FOUR times longer to finish a task when people are interrupted by phone calls, e-mails or instant messages. If you really want to study, switch off your phone (at least the sound) for a specific time frame of uninterrupted work. Then take a break, check your calls, mails, messages, respond to the urgent ones, and switch off all interruptions for the next work round.

### ***Repeat and recite!***

Memories are extremely volatile. The human brain can only hold about seven pieces of information at a time, and that for less than 30 seconds. If you don't repeat the input, it just disappears from your brain. Studies show that most forgetting occurs within the first few minutes after the impulse reached your brain. If you don't re-expose yourself to the information, your brain considers it unimportant and discards it. Instead of being encoded as a memory, it just evaporates into hot air.

If you recite the information to yourself or to others, instead of forgetting it you will save it in long-term memory. You achieve the best results if you recite

the information out aloud from your memory and then double-check with your written notes.

### ***Ask-answer-discuss!***

A sure way to encode memory is the process of "ask-answer-discuss". Form your own questions and answer them out loud for yourself. If you have to study a book, read first the headings. Make each heading into a question, and note down the answers you find as you read the book. You can create your own study manual about that book and use it for many years.

If you do a good job now, you will never again need to read that book! Your study manual will give you all the information you need by just one time flipping through it. By involving and challenging your own intellect instead of just trying to store information, you multiply your memory performance, increase your intelligence and make your hippocampus grow lots of new neurons!

### ***Observe the right timings!***

Timings also play a very important role for memory building. After about ten minutes of listening to a teaching, attention drops dramatically. You must do something emotionally relevant (like cracking a joke) every ten minutes to regain the attention of an audience - and the attention of your own brain! You will get the best results if you repeat the information you studied 90 to 120 minutes after the initial learning.

### ***Make your own flash cards!***

Write the question or the concept on the front. On the back, write the answer or the explanation. Test yourself repeatedly during the day. You can take these cards with you and make your bus- or train-travels perfect study experiences!

### ***Use visualization and association!***

This is the best memory trick used by professional memory performers. They learn entire phone books or the order of 52 cards in a deck (or even various decks) by heart. If you have trouble remembering your school work, or facts related to your job, or current events, or people's names, or any other type of information, the solution is to use visualization and association as a personal habit every day.

You don't need to be a genius to surprise

everybody with your memory skills if you use this simple technique. It is based on the brain's ability to encode pictures and emotional events much stronger than just the letters you read. It also uses concentration (you actively work with the material and are forced to focus on it) and repetition (you repeat a few times the images you created in your mind). How do you do it?

Look at the words you need to remember. Find words that sound similar and that have a meaning for you. These are called substitute words. Now make up a story that connects the things/persons/places you imagined. The more you dramatize or exaggerate, the stronger your brain will encode it.

### ***Example***

Imagine you need to commit to memory that Berlin is the capital of Germany. Ok, Berlin sounds like BEAR and INN. So you imagine a bear in an inn.

Now, how can you associate that Berlin is the capital? Well, let's say, that bear wears a CAP and is very TALL (sounds like capital) as Germans use to be. Can you see it in your mind's eye? Then your brain will easily remember!

And what do people do in an inn? They eat! Germany sounds like "WHERE MEN EAT", so you have your story. The great thing is that with just this ONE mental picture you can create associations and remember many things! See that bear drinking beer, and you will always remember that Germany is world famous for its beer production and export. See him eating bread and sausages, potatoes and pork, and you will automatically remember a typical German diet. See him dancing and hear the typical German music in your mind. See the inn and its surroundings, and your brain will store a picture of Germany's interior and exterior architecture, its landscape, its climate, its culture and whatever else you want to include in your story. The more funny, weird or silly your story, the more easily you will remember.

Rehearse your story two or three times, and it will be profoundly recorded in your brain. Now when you just hear or read the word "capital", the cap will appear in your mind, together with the tall bear, the inn where men eat, and everything else. So easy, and so effective!

### ***Use the keyword method!***

This technique works wonders also for learning vocabularies, foreign languages, medical and technical terminology and names. Find an image that sounds like the word you need to remember. Break long words down into pieces with meaning. Then make it into an image or a story. If possible, draw a sketch of it. This adds another pathway your brain can use to remember the information. You will get better and better at drawing and become an artist. At least, you have something to laugh about whenever you need some encouragement...!

Don't forget, you need to periodically review your image (in your mind's eye or on paper) to set it firmly in your mind. It only takes a second to review an image. Review images after one minute, five minutes, then 30 minutes, then two hours.

For information you want to remember long-term, add an additional review at one day, three days, and one week. This will really put the image and the associated term into your long-term memory. Best results are achieved by combining this "keyword method" with flash cards. Medical students and doctors can find much help on [MedicalMnemonics.com](http://MedicalMnemonics.com).

Try it and let me know your associations. You will have lots of fun AND at the same time easily learn and REMEMBER many things that would be very difficult and boring to remember without a fun story.

### ***Use the link method!***

The technique is the same, but now you link various images together. This is extremely useful for lists of names or unassociated items. First of all, find a substitute word and create an image (as always, funny, silly, exciting, exaggerated) for the heading of the list. Then you link it with the first item in the list. Your brain will store this as the "file name" and create an association so you can easily retrieve the content of the "file".

Then create an image that links the first word or name of the list with the second; then the second with the third, and so on. You will create a funny story and find out that you can easily repeat the list not only in the correct order, but even backwards!

Visualization and association, the keyword method and the link method may sound complicated in the beginning, but they will actually SAVE you lots of

time. With a little practice, the process of forming the images starts to come easily, naturally, and quickly. And they will make your life more fun!

### *Use the loci or journey method!*

This method helps you remember any number of new information in correct order. The key is to associate the items to a route you know very well, like the route to your work, or from your bed to your kitchen, or any other well-known route. Associate every landmark (every turn, door, light switch, traffic light, cross section etc.) with an item from your list. Again, make it silly and exaggerated to remember. Just like you could never forget the way from your bed to your kitchen, you will never forget your list and its items!

### *Use the peg method!*

The Peg memory systems are ideal for remembering information that must be recalled in a particular order. They work by associating information you already know well (the numbers 1 through 20, and the letters A through Z) with the new facts you want to remember.

A “peg” is just a mental hook on which you hang the information. This hook acts as a reminder to help you mentally retrieve information. The advantages of the peg systems is that you can’t forget one of the items since you go through a list you already know well (1-20 or A-Z). Plus you can retrieve any piece of information without having to mentally go through the entire link (your images and story).

If you combine the peg system with the link system, you can effectively memorize hundreds of pieces of information (for example 260, if you by attach a 10-sequence memory link to the key image of each letter of the alphabet).

First you find rhyming substitute words for the numbers and memorize them.

- |                 |               |
|-----------------|---------------|
| 1. One-Bun      | 2. Two-Shoe   |
| 3. Three-Tree   | 4. Four-Door  |
| 5. Five-Hive    | 6. Six-Sticks |
| 7. Seven-Heaven | 8. Eight-Gate |
| 9. Nine-Wine    | 10. Ten-Hen   |

Now you associate your items with these

substitute words in funny mental pictures, as we have learned already. The great thing is that you can easily recite the whole list, but also each item separately! You just need to ask yourself, “What was number 4? What happened with that door?” or “What was number two? What did I do with that shoe?” and you will immediately remember your funny story and the information you memorized.

### *Use all your senses!*

Your God has created you with five senses that can beautifully work together to make you fit for any place and circumstance. Different parts of your brain remember different sense impressions. For example, images are stored in one area, sounds in another, tactile (touch) sensations in another.

If you want to put new information into your brain, you should use as many different senses as possible. This **builds multiple memory pathways** to the information. For example, if you fail to remember the material through sight, then your audio pathway may allow you to access it. The more sensory pathways you engage, the more likely you will later be able to recall the information.

I love to listen to messages on my ipod while walking or going on my bike, enjoying God’s beautiful creation. Interestingly, whenever I hear that same message again, the full picture of the place where I heard it comes back into my memory. The same also functions vice versa: When I see the place, I automatically remember the message I heard there.

Use this special ability of your brain! You can actually make your brain “encode” memories as “very important” by making it stick a “special attention note” to the memory! Emotions are the best “sticky notes” for memories. Your amygdala tags an emotionally stimulating event with dopamine. (This is why it is so difficult to forget that painful word or experience...!) So if you can add some emotion to your studies, your brain will remember much better what you tried to store in it!

Reading AND seeing pictures: Three days after you studied, you will remember only 10% of what you read. If you add a picture to the text, however, you will remember 65%! So scribble your own pictures while studying. You will integrate more senses and even the

physical activity of writing. Your brain will encode all of this in different places and make your studies almost unforgettable!

Reading AND hearing it read: Reading aloud what you are studying almost doubles your ability to remember. So make your voice heard... not only when you study your Bible, but for anything you want to remember! Pictures, or movies, with sound are most effective. So try using teaching DVDs or interactive computer programs.

Activate your sense of SMELL - it is the only one of your senses that has direct, immediate access to your brain! An experiment showed that people remembered only 10% of a movie two weeks after they had seen it - but when they were asked about the same movie in the presence of popcorn smell, they suddenly could remember 65%! Why? Because popcorn is usually consumed in cinemas, so there was a popcorn smell in the air when they saw the movie!

You can use this ability of your brain for your studies. "Attach" to your studying a certain sight, touch, sound or smell you can reproduce during the exam time. The more senses you use to "encode" a subject in your brain, the stronger it gets stored, and the more storage places and access lines your brain will use for that same subject. It's very logical: If you can't access that memory via the visual pathway, you might be able to access it via the audio or tactile pathway.

Try pinching yourself in a specific place while studying. Pinching yourself in that same place during the exam will help you remember better what you studied!

Touch a peculiar object during your study time, and take it with you to the exam. Touching it will open up memory pathways and help you remember more of what you studied. Use a specific perfume only during your study time and then during the exam. You will remember much better!

Studies showed the percentage of information students remembered after 14 days. The results are amazing!

Reading only: 10%

Hearing only: 20%

Seeing only: 30%

Combined hearing and seeing: 50%

The best memory performance, however, was gained by "active learning": Giving a talk about the subject or participating in a group discussion about it: 70%.

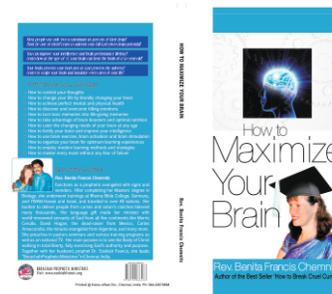
Simulating the real experience or actually doing it: 90%!

Conclusion: Make your studies as lively as possible. Discuss with yourself and with others, teach others, and make experiments instead of just sitting and trying to cram information into your brain.

Remember, your brain has unlimited capacity. You are created in the image and likeness of God Himself (Ge.1:26). Use your brain wisely and excel in everything you do for His glory and honor!

May our wonderful Lord fill you with joy and His mighty Presence as you apply these brain-health-principles, and may He use you to multiply this knowledge for the salvation of many!

**This article is taken from the bestseller "How to Maximize Your Brain" by Rev. Benita Francis**



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