

FROM THE DEPTH OF MY HEART..

My dear precious partners in the Lord,

Greetings in the wonderful name of our Lord Jesus Christ!

We thank you so much for your fervent prayers and faithful support for this ministry. God is debtor to no one. You will reap your harvest according to His riches in glory in every area of your life.

We are experiencing the wonderful time of outpouring of the Holy Spirit in the current batch of forty days School of the Holy Spirit. More than half of them are already in the full time ministry. All of them testified an increased level of revelation, anointing, freedom and joy. Pray for them as they are going into their harvest fields on February 28th.

We will conduct our 7th batch of School of the Holy Spirit from 1st March onward. We are overwhelmed to see the lives changed through this life transforming school. 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. Get ready and come to the place of encounter with God.

We are happy to announce special good news for you. A long awaited Prophetic Daily Devotion for the whole year 'See yourself in Christ' with rich word, deep revelation and heavy anointing is ready to be released in our Apostles and Prophets seminar. This is the best way to start every day of this New Year to transform your mind, life and ministry. Contact our office NOW!

This year also we are conducting five days 'Holy Ghost Explosion' in five major cities. The Lord's promise to us was Holy Ghost revelation, Holy Ghost manifestation, Holy Ghost transformation. Keep visiting our website www.ezekiahfrancis.org for further details.

We also have our one month School of the Holy Spirit from March 1st onward in Indore, Madhya Pradesh for the

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first time. We need special prayer for this school. Pray for the miracle workers to be raised through this school and to make history in North India.

We earnestly covet your sincere prayers for all our programs and for God's strength to accomplish it. Please remember God will never forget what you do for His ministry and vision. Expect prophetic reward this year as never before.

Beloved, you are called to be blessed like Abraham. In Christ, all the blessings of heaven and earth reside in you! Every time you lose anything for God, blessings begin to be unleashed in you. As a new creation, everything you lose for Christ's sake, you will receive hundredfold in this life and in eternity (Mt.19:29). You will in no wise lose your reward as you serve God and His people. Never fear losing your life for His sake because the life He gives you in return is His glorious resurrection life for every day!

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 a 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,



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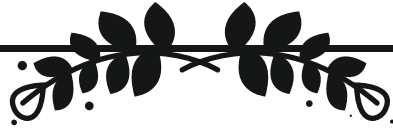
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BLESSED IN CHRIST

Dr. Ezekiah Francis

BLESSED EXALTATION IN CHRIST

Now it shall come to pass, if you diligently obey the voice of the LORD your God, to observe carefully all His commandments which I command you today, that the LORD your God will set you high above all nations of the earth.

If anyone serves Me, let him follow Me; and where I am, there My servant will be also. If anyone serves Me, him My Father will honor (Dt.28:1; Jn.12:26).

In this chapter, God gives a list of blessings for obedience. We have already seen many of these blessings here and there. Now we will see them all together in this chapter.

Set you high: If His people obey His voice, the Lord will set them high above all nations of the earth. Throughout history, the Israelites were esteemed highly by all the nations. They were top in their wisdom, strength, victory, riches, health, hygiene, food habits and much more. God picked up His people as leaders of Israel and made them high above all the kings and the nobles of the earth. Abraham, the stranger and refugee, was set as a mighty prince among other nations (Ge.23:6). King Abimelech and his army commander bowed down to Abraham to make a covenant with him. Samuel, who was brought up in the house of God, became the most honorable man among all the Israelites (1.Sa.9:6). It was God who set him above all nations of the earth by making him His prophet (1.Sa.3:19-20). The shepherd boy David became king over Israel, and his kingdom was highly exalted (1.Chr.14:2).

The apostles whom we all admire, imitate, preach and talk about were all ordinary, uneducated fishermen

of their day. It was God who set them high above all. Imagine, millions of people carry the names of all these God-honored people.

In Christ, God is ambitious to lift up your life and ministry above all your people. It is God's will for you to be looked upon by your colleagues and kin. God's people should be always like the city on a mountain. You are the city of God. As heaven is above the earth, you are above the worldly people. You are the light of the world and shine before all the people (Mt.5:14). Nations will come to your light as the wise men came from the east to worship the baby-King Jesus (Isa.60:3; Mt:2:1-2).

God's honor will be heavily heaped upon you as you faithfully serve Him (Jn.12:26). In Christ, you are seated at the right hand of the Father, the highest place of authority in the universe. As a citizen of heaven, you already belong to a first-world country. God longs to set you above all your people, no matter what is your background. He raises the poor out of the dust and lifts the needy out of the ash heap, and He makes them to sit with the princes of His people (Ps.113:7-8). If you study the lives of everyone whom God raised, you will find one common fact. Almost all of them had insignificant backgrounds. Not many were wise, mighty, or noble, but God chose the foolish to shame the wise, He chose the weak to shame the mighty, so that no flesh should glory in His Presence (1.Co.1:26-29). You are set high above others because Christ has become your wisdom, strength, honor, holiness and everything. Claim it!

Beloved, never accept a second-grade position in any place. If you are raised in a family of confusion, sin, jealousy and discrimination, you still can be the top person in your house. If you have to be an assistant to Potiphar, be top in that job. If you have to be a prisoner for God's sake, be the top person in your prison cell.

You will always go from one level to another level of exaltation till the world runs to you for their needs. You will be like Joseph for God in Christ. Perceive it! Pursue it! Proclaim it! Preach it! Progress in it every day, in Jesus' Name!

Thank You, Lord, You will set me high above all nations of the earth. You raise the poor out of the dust, and lift the needy out of the ash heap. I serve You and follow You, and where You are, there I will be also. I serve You, and You will honor me, because I am in Christ.

Dt.28:1; Ps.113:7-8

BLESSED OVERTAKING IN CHRIST

And all these blessings shall come upon you and overtake you, because you obey the voice of the LORD your God.

...that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith (Dt.28:2; Gal.3:14).

Let us continue to study on the blessings of obedience to the voice of our God. It pleases our God to bless us with every one of His blessings (Num.24:1).

Overtaking blessing: Whenever the Israelites obeyed the voice of their God, all the blessings of heaven and earth came upon them and overtook them. His blessings are unlimited. His blessings embrace all the areas of your life. His blessings are for all the days of your life. His blessings are visible to everyone around you. His blessings always rest upon you and spread out beyond you (Dt.28:2). It is one thing that God's blessings come and rest upon you, but it is another thing that the blessings overtake you. That means your blessing goes far ahead of you, in high speed overtaking you. For example, if you travel hundred kilometers per hour, your blessing will travel thousand kilometers per hour, overtaking you. Can you imagine the velocity of your blessing?

Life in Christ doesn't run after blessings, but the blessings run after it. You don't need to coax God to bless you. He has already blessed you with all His blessings in Christ Jesus. Always remember, your blessing spreads all around you like dew of heaven (Ps.133:3).

Your blessing overflows through you just like the shadow of Peter was overflowing with healing power.

Wherever the shadow fell, multitudes were healed (Ac.5:14-16). When you become conscious of this overtaking blessing, it will make your surrounding a Garden of Eden. Your very smell is like the smell of a field which the Lord has blessed (Ge.27:27). Even your garments are filled with the fragrance of God's blessings (SS.4:11).

Do you remember, when Jesus stepped out of the boat, a demon-possessed man saw Him from far away and ran to worship Him (Mk.5:6)? That is the overflowing Presence and blessing of God upon you. Before you enter your house, your blessing will enter, overtaking you.

Acknowledge this blessing upon you in all your ways. When you walk in the consciousness of your blessings in Christ, all your wilderness and wasteland will blossom abundantly (Isa.35:1-2).

When you follow the Lord, all your blessings follow you. When you follow your good Shepherd, goodness and mercy automatically follow you all the days of your life (Ps.23:6).

When you are filled with God's Spirit, all the miracles, signs and wonders follow you (Mk.16:17-18).

When you walk in the fullness of God, multitudes will follow you to be healed, delivered and blessed (Mt.8:1).

When you follow the One who called you, your disciples will follow you, forsaking all (Mk.10:28; Mt.4:18-22).

Beloved, your eyes have not seen how much you are blessed with all His blessings. Your mind has not grasped how much you are surrounded by your own blessings. Your ears have not heard how far your blessings can go and touch the lives of people. Walking in the Spirit releases the torrents of blessings in and around you. Immerse and swim in it TODAY!

Thank You, Lord, all Your blessings are upon me and overtake me. The blessings of Abraham came upon me in Christ Jesus, that I might receive the promise of the Spirit through faith, because I am in Christ.

Dt.28:2; Gal:3:14

BLESSED IN AND OUT IN CHRIST

Blessed shall you be in the city, and blessed shall you be in the country.

Blessed are those whose lawless deeds are forgiven, and whose sins are covered. Blessed is

the man to whom the LORD shall not impute sin (Dt.28:3; Ro.4:7-8).

The blessing of God upon you is not limited to your location. The blessing covers your home life and your work spot. When you are in your own country or when you are on a foreign trip, you carry the blessings of God.

You and your blessings are inseparable as you are one with Christ Jesus. Life in Christ is a life of blessing. There is no blessing outside of Christ. So no blessing is outside of you.

The Apostle Paul thanked God for manifesting the fragrance of God through him in every place he went. Everywhere you go, people breathe the blessings of your presence and fragrance (2.Co.2:14). He boldly writes to his Roman congregation, "I know that when I come to you I shall come in the fullness of the blessing of the Gospel of Christ" (Rom.15:29). The Apostle Paul was united with Christ just like you are united with Him. So when you are in your city or in your field or in your workplace, you are filled with all the blessings of the Gospel of Christ just like Paul.

When Jesus went to Galilee to make it His headquarters, the people who sat in darkness saw a great and huge light of His blessings. People who sat in the dark country of death, the light of the sun has dawned. This is the blessing of in and out (Mt.4:13-16).

The ark of God carried not only the Presence, but also the blessings of God. Always remember, all the blessings are the byproduct of God's Presence.

In Christ, you are full of God's Presence and His blessings. You are the New Covenant ark of God. When the ark of the Lord remained in the house of Obed-Edom, God's blessing was upon him and all his household (2.Sa.6:11; 1.Chr.13:14). This is the blessing of your union with Christ. Love Him more

than ever before and live in Him more intimately.

Our forefather Jacob stayed and worked for his father-in-law Laban for fourteen years. That pagan man learned by experience that the Lord blessed him for Jacob's sake. Before Jacob came to his house, he had little livestock. Ever since Jacob went there, everything increased to a great amount because of the blessings of Jacob (Ge.30:27,30).

In Christ, not only believers but even unbelievers will be blessed through you. The Egyptian Potiphar saw the overflowing blessing of Joseph filling all that he had. Therefore he made him overseer of his entire house. From that moment, the blessing of God increased everything he had, both at home and in the fields (Ge.39:1-6).

In Christ, your family life is immensely blessed. Your wife will be like a fruitful vine in your home. All your children will be like young olive trees around your table. You will be happy and prosper, having all your family needs met (Ps.128:1-4).

Beloved, under the Old Covenant, all these blessings came upon them only when they met God's conditions. In Christ, the moment you received Him, you were flooded with all of God's extravagant blessings (Eph.1:6). You are already blessed when your sins are forgiven and washed away (Ro.4:7-8). Now all you have to do is to see your own blessings and walk in the fullness of them by your faith. Start your journey TODAY!

Thank You, Lord, I am a blessing in my city, I am blessing in my country. I will eat the labor of my hands. I will be happy, and it will be well with me. I am blessed because my lawless deeds are forgiven and my sins are covered, and the Lord shall not impute sin to me, because I am in Christ.

Dt.28:3; Ps.128:2; Ro.4:7-8

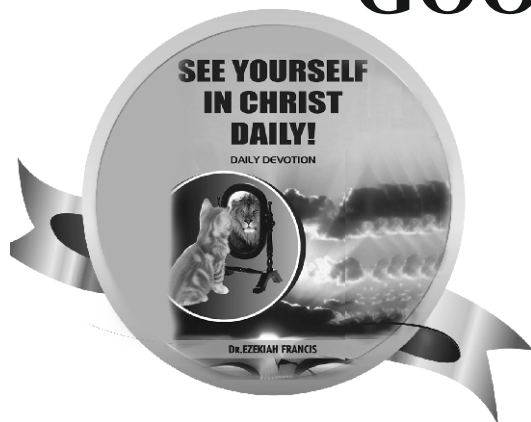
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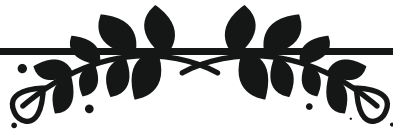
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SUPER-CHARGE YOUR BRAIN

(Excerpt from the Book "How to Maximize your brain")

Rev. Benita Francis

Dear family of God, as we have seen, 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 foundations

It is so true, "I can do all things through Christ who strengthens me" (Phil.4:13)! You can perceive, understand, learn and remember ANYTHING you want to, you just need to make the decision that you WANT to do so! Your brain will store and record what YOU consider important.

Imagine! Your God calls all the stars by name and brings out their host by name! By the greatness of His might and the strength of His power, not one of them is missing (Ps.147:4; Isa.40:26)! He upholds the glorious universe and all things by the Word of His power (Heb.1:3)! In the Garden of Eden, Adam had the mental capacity to name AND remember ALL the animals (Ge.2:20)! Do you think he had to go to the giraffe and say, "Excuse me, what was the name I had given you?" If this was the brain capacity of Adam, how much more is your capacity as the holy Temple of the mighty Holy Spirit of your Lord and best friend Jesus, the Second Adam (1.Co.3:16; 1.Co.15:45)! So why should you fear and worry? Will your unbelief not hurt your loving God's heart?

Many scientists even believe that everything you ever studied is stored somewhere in your brain. The problem is that the links connecting you to the information are somehow corrupt, so that you cannot access the information. A proof for that is the many times you remember AFTER the exam what you just couldn't remember DURING it! It is therefore important to create as many access paths to the memory as possible. That requires a well-functioning brain with many active neurons and axons with well-working synapses and neurotransmitters.

Let me quickly repeat the foundations for brain fitness. Remember, not the hearer, but the DOER of the word (and even of this teaching) will be blessed (Jas.1:25). If you only hear and read but don't DO, you are actually building your "brain-house" on the sand, and it will surely fall - most probably exactly at exam-time (Mt.7:24-27). If you don't build a strong foundation for a healthy brain, no "energy drink" or "brain-booster-coffee" will help!

Exercise regularly!

Do at least some aerobic exercises before you sit down to study. In between, get up, run around, jump and dance while you prepare your tea or coffee... use each and every opportunity to move, to get your heart pumping faster. It will pump fresh blood with precious oxygen into your brain! Exercise produces nitric oxide, a molecule that enhances creation of blood vessels throughout the brain. Of course, better brain nutrition means better brain function... so JUMP and DANCE and EXCEL!

Keep your stress levels down!

Stress kills your precious brain cells that you need so desperately, and it even inhibits the creation of new ones! Performance drops by 50% if you are under chronic stress. See stress as your deadly enemy and fight it with all your strength! REFUSE to worry! That's a COMMAND of your loving, understanding

Lord Jesus, not just a little suggestion (Mt.6:25-34)!

"Be anxious for NOTHING, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all UNDERSTANDING, will guard your hearts and MINDS through Christ Jesus" (Phil.4:6-7). Pray, praise and blast your stress!

Breathe correctly!

Deep belly breathing is one of the best ways to eliminate stress. It also activates the brain's theta waves, which is known to improve memory.

Eat healthy!

Feed your brain from morning onwards! Research has shown all over the world that breakfast skippers have shorter attention spans, lower academic performance and more behavior problems than people who eat a balanced breakfast. Use only full grain products to keep your blood sugar steady. Eat the right proteins and carbohydrates to be fit to study and later on slow down your brain to sleep. Add lots of fresh sprouts, fruit and vegetables. Add flax seed to your diet for brain-building Omega-3 fatty acids. Eat 5-6 small meals at even intervals. Don't overeat!!! If you feel sluggish after a meal, you ate the wrong thing, and probably also too much of it!

Keep good dental hygiene!

Tooth and gum disease are highly linked to clogging in your coronaries and also in your carotid arteries, the arteries that send blood to your brain. That means less blood, less oxygen, less nutrition for your brain. Make sure your teeth and gums are healthy and all plaque removed. Dental hygiene improves mental hygiene and produces geniuses!

Drink enough water!

Your brain needs water to function well, actually 2-4 liters per day. Try drinking a whole bottle of water before you sit down to study, and also before that exam. Your brain will run at top speed!

Give your brain fresh oxygen!

Study with open windows, or at least cleanse and service your Air Conditioner regularly if you have to study indoors. In my translation ministry, I have always found that words just flow easily when I have some windows open. I can minister for hours and hours without any tiredness. Closed windows, however, produce headache, difficulty to concentrate and to find the right words, as well as mental and even physical exhaustion.

Your brain CRAVES for exercise because exercise provides it with fresh oxygen - but we have built our

class rooms and studies in such a way that we just sit for hours on end. Try studying on a treadmill or stationary bike. Just ten minutes of exercise will wash the debris out of your brain and fill it with fresh nutrients, and at the same time you gain heart- and bone-health plus general stamina.

Did you know you can even exercise while sitting on your chair? Stretch your neck, arms and shoulders from time to time. Keep your legs moving. Paint circles in the air with your toes. Stretch and relax your legs. Move your arms and legs as though you were running at top speed.

You will breathe more deeply and increase your heart rate. Your stomach and back muscles will be strengthened and protect you from those “whole-day-sitting back pains”. Do that from time to time, as well as stretching exercises, and watch your brain efficiency and memory span increase.

One special brain-health-exercise is something you should do only during your studies at home, since most teachers feel offended by it. It is chewing gum! The chewing movement increases blood flow to your brain, and you will be able to concentrate and remember better. Use sugar-free gum to avoid blood-sugar

hikes and crashes. No, I am NOT joking...

Get enough restful, uninterrupted sleep!

Intellectual performance after four hours of sleep is only 50% of what it could be after eight hours of sleep! Get a good mattress and pillow. Have a comfortable sleeping temperature. Use a mosquito net, NOT chemical repellants, since they very much affect the brain.

Put thick curtains to keep your bedroom dark. Shut out disturbances like light and sound. If there is much noise around, try keeping very soft, instrumental background music in your room. “White noise creators” play sounds of ocean waves, waterfalls, rain or other soothing background sounds to help your brain relax and not get shocked and startled at every sudden noise from outside.

Don't clog your brain!

Avoid brain overload! If you need to study for an exam, don't put a lot of competing impulses into your brain. They will just “crowd out” what you tried so hard to learn! Emotions, sight and sound are very strong memory builders. So if you watch that touching or exciting movie, you can be sure you remember more of

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the movie than of your studies the next day.

Keep not only a restricted calorie “healthy-food-diet” but also a “low-input-diet” during exam preparation times. Concentrate on the essentials, and you will remember easily.

Super-learning techniques

Well. Now that we have laid the foundation, 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.

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 immedi-

ately 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 im-

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portant” 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!

ORDER NOW!!



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