

**Opinion**

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Theranostics Brain, Spine & Neural Disord

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## Secrets of Great Right Brain



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### Opinion

Published by Prana Persada, the human brain is likened to the universe. This statement is not excessive. This is related to the potential or capacity of the brain itself. If all the information library books in the world or all information telecommunications network in the world entered into the brain, the human brain will not be full. If every second of information is inserted until we leave it into our brain, for example until the age of 100 years, the human brain is not yet half-filled. The capacity of the human brain is the number one followed by a zero length of 105 million kilometers of standard numbers. The picture is if we type zero by using standard letters on laptops, the length is 30-40cm. The zero line of 105 million kilometers is comparable to a 14-mile round trip to the moon. The potential of the human brain used on average is only about 0.0001% of the potential of the human brain actually.

The psychologists in 1950 examined the potential of the human brain used on average only about 50%, 1970 by 10%, 1980 about 1%, and the year 1990 that is 0.01%, and what is the average potency of human brain used now? Approximately 0.0001%. The decline in the potential of the human brain above is not a picture of the decline in the human brain used, but the more accurate the picture the tool used to measure the average potential of the human brain. That is the great picture or the enormous potential (capacity) of the human brain. The development of research on memory problems has been greatly assisted by advances in technology and methodology in the 20th century. Almost all psychologists and thinkers in this field agree that memory lies in

a cerebrum (big brain), or a part of the brain that covers a surface called a neocortex.

The human brain consists of three main parts namely Neocortex, Limbic System, and Reptilian Complex. Reptilian Complex is part of the brain close to the top of the neck, also called the reptile brain, because it resembles a cold-blooded reptile brain. It controls most of the body's narulilah functions, such as breathing. Limbic system is also called the old mammalian brain similar to other hot-blooded mammals brain. It controls emotions, sexuality, and plays an important role in memory. Neocortec is also used for thinking, speaking, seeing, hearing, and creating. Neocortex itself consists of two parts. This is in keeping with the research of Professor Roger Sperry who gained a Nobel Prize after discovering that we have a brain divided into two physiological parts of the left and right brain, each of which is related to different mental functions.

The human brain will be optimal if the right brain and left balance. This is the key to our super memory. In general, humans, especially in Indonesia are more likely to use the left brain is more dominant, especially in remembering. This is in accordance with research at the Habibie Center that only three percent of right brain use in Indonesia. And of course the memory becomes not strong or the memory becomes short-term suit. This book will discuss how to remember, by involving the right brain. Your memory will be a long-term memory. How to involve the right brain in remembering? Discover the secrets in this book!



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