

# SYNAPSIA

a magazine for the Brain Trust Charity  
Spring 2016

VOLUME 11 - NUMBER 1

in this issue

q **WORLD MEMORY CHAMPIONSHIP** - 4

q **THE INTELLIGENCE OF RATS** - 16

q **ANTS BY MOWGLI** - 44

q **BRAIN OF THE YEAR 2016** - 60

## Full coverage of the **World Memory Championships - 2015**

### **World Memory Championships 2015**

- 6 New World Records
- Record Number of Entrants
- Record Prize Money Awarded

### **The Butterfly Universe Movement**

**Tariq Qureishy**

### **Over, Around, On, and Beyond the Moon**

**Professor Tony Buzan**



## contents



48



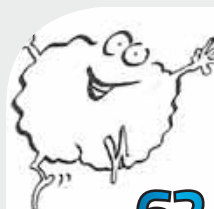
58



4



16



62



12



27



22

## regular

From the Editor in Chief	3
Crossword Puzzle	26
Mind Maps by Phil Chambers	20
PECUB	62

## featured

- 04 World Memory Championships
- 12 The Butterfly Universe Movement
- 16 The Intelligence of Rats
- 18 Education has become Reductionist
- 22 Interview - Joe Williams (Part II)
- 27 Chess as a Thinking Strategic Metaphor
- 36 Birth of the Mind Sport of Memory
- 44 Ants by Mowgli
- 48 Over, Around, On & Beyond the Moon
- 58 Nkandu Beltz (Part II)
- 60 Brain of the Year



58





## by Editor in Chief

Professor Tony Buzan

**W**elcome Synapsia Readers to an especially Memorable, continuingly Phoenix issue!

This 2nd new online edition is festooned with the multiple Flowers of Intelligence.

You will discover the new frontiers of Memory, explored in The 24th World Memory Championships held in Chengdu in China last December. The new Dimensions of The Mind and Memory, both physical and mental, will WOW You!

The Butterfly Universe Project will wing its way to you. All the butterflies were drawn by those who thought, and publicly proclaimed, that they could not draw. And they did, in 15 minutes!

Mowgli will accompany you in the presence of super ants, intelligent rats and 'Goldfish Memory' Goldfish – Think about Animals' Intelligences and help us help them!

Education has become Reductionist." Why? Who says? What have Mind Maps got to do with it and the future? Find out more!

Synapsia will treat you to two serial articles of Triumph over Tribulation from the Transformative Human Tribes of Australia and Africa – Joe Williams and Nkandu Beltz will tell you more about The Battle of The Brains.

Our Mind Sports feature adds more insights in this area, flavouring the broth with the spice of Thinking.

Art and Poetry, The Royal Jelly of Human Thinking, always give the brain the most delectable food – Synapsia does and always will.

Please contribute, including cartoons. Join the team of Lorraine K Gill, John Carder Bush, Frieda Hughes and Pecub!

Climactically, The Brain of The Year!

### Who will it be?!

Come with me and The Synapsia and Brain Trust Teams.

See you on 16th April, RAC, Pall Mall, London, England.

PLEASE SEND US LETTERS  
AND ARTICLES.

to

[TonyBuzan@synapsia.net](mailto:TonyBuzan@synapsia.net)

Floreat Dendritae!

# SYNAPSIA

a magazine for the Brain Trust Charity

#### EDITOR IN CHIEF

Editor: Professor Tony Buzan  
TonyBuzan@synapsia.net

#### EXECUTIVE DIRECTOR

Raymond Keene OBE  
RaymondKeene@synapsia.net

#### ONLINE EDITOR

Marek Kasperski  
Marek.kasperski@synapsia.net

#### CONTRIBUTORS

Raymond Keene OBE  
Professor Tony Buzan

#### PHOTOGRAPHY

Brad Zupp (bradzupp.com)  
Marek Kasperski  
Alexander Keene

#### GENERAL ENQUIRIES

Raymond Keene  
Email:  
RaymondKeene@synapsia.net

The term and concept **Mind Map** referred to in this publication is a trademark.

#### COPYRIGHT

All material appearing in the Synapsia Magazine is copyright unless otherwise stated or it may rest with the provider of the supplied material. Synapsia Magazine takes all care to ensure information is correct at time of printing, but the publisher accepts no responsibility or liability for the accuracy of any information contained in the text or advertisements. Views expressed are not necessarily endorsed by the publisher or editor.

Synapsia.net

TOTAL HITS  
since April 2015

157,624

# World Memory Championships -2015

**O**n Tuesday December fifteen the twenty fourth World Memory Championships were declared open in an impressive three hour ceremony in the giant domed conference centre of the Jintang Hengda hotel.

The ceremony featured a Smorgasbord of traditional Chinese Cultural Manifestations such as: Taichi by a Grand Grandmaster of the art; Chinese ballet and operatic dancing; Calligraphy and acrobatics.

## Day 1

Professor Tony Buzan, Co Founder and President of the Organising Committee, welcomed dignitaries, competitors, officials and honoured guests. He announced, as a key component of his drive for Planetary Mental Literacy, the rebirth of Synapsia magazine which will report in depth on the Championships, and accorded the accolade of Warriors of the Mind to all competing Mentathletes. Everyone present was invited to contribute their stories to Synapsia, all past issues of which are now fully archived online and which is about to publish its first new groundbreaking online issue.

Meanwhile David Zhang President of the China Memory Sports Council thanked our sponsors who have enabled us to offer the most lavish conditions, the highest prizes and to attract a world record number of entries. This latter point

## World Memory Championships Chengdu, China

was made manifest by the player parade of twenty four national flags, captured on film and camera by batteries of TV media and press.

His Serene Highness Prince Marek Kasperski delivered an important address in which he expounded on the new expansion, increased globality and enhanced democratic strength of the World Memory Sports Council. In the course of his speech Prince Marek congratulated WMSC on a most significant recent achievement. By virtue of the efforts of General Secretary Chris Day, and following on the Mind Map teaching record by WMSC member and Brain Trust Charity Brain of the Year Dr Manahel Thabet, the WMSC now officially supervises global Mental achievement for The Guinness Book of World Records.

The Championships were officially declared open by Executive Chairman of the Organising Committee Mr Cheng Cigao.

WMSC officials present and presiding were:

Prof Tony Buzan; Ray Keene OBE Co founders; Phil Chambers



Opening Ceremony



Executive Chairman of the Organising Committee, Mr Cheng Cigao



Professor Tony Buzan, Co Founder and President of the Organising Committee



HSH Prince Marek, President, World Memory Sports Council (Australasia)





Raymond Keene OBE and Professor Tony Buzan



Phil Chambers, Chief Arbitrator



Dominic O'Brien, Deputy Chief Arbitrator



Angel Lai and Andy Fong, Level Four Arbiters, with Professor Tony Buzan (centre)



Elaine Collier, Level Four Arbitrator

Chief Arbiter; eight times world Memory Champion Head of Ethics and Deputy Chief Arbiter Dominic O'Brien; Level four arbiters Andy Fong, Angel Lai and Elaine Colliar; level two arbiters Guo Chanwei and Sophie Huang; President of China Memory Sports Council David Zhang; WMSC members Their Serene Highnesses Prince Marek and Princess Petrina and Alexander Keene MA.

Proceedings were concluded with official Photographs followed by Prof Buzan being mobbed and almost submerged by a feeding frenzy of eager fans, competitors, young kids buzzing with energy and excitement and of course the media throngs!

## Day 2

On the very first day of the twenty-fourth World Memory Championships in Chengdu, established longstanding world records already began to fall, as Poet John Milton metaphorically put it, like the leaves in Vallombrosa.

A key objective of the World Memory Championship is to test, stretch and identify the limits—if ANY—of the Human Brain. At a DAY ONE evening dinner gathering of sponsors, organisers and World Memory Sports Council Officials on a luxury Dinner Cruiser along the illuminated main Chengdu river, President of the Organising Committee Professor Tony Buzan announced shattered records to ecstatic applause:

**'Professor Tony Buzan was being mobbed and almost submerged by a feeding frenzy of eager fans, competitors, young kids buzzing with energy...'**

Marwin Wallonius of Sweden has annihilated the previous World record for binary numbers, on this occasion breaking the hitherto -thought by some to be impossible - : 5000 barrier.

Meanwhile, Alex Mullen, rising star from USA, soared past the previous record to score 3029 in the HOUR NUMBER discipline.

Will these be the first of Many in Chengdu, with its World Record entry for the WMSC, to present officially, according to its new authorised Mandate, to the Guinness book of World Records?

Newly co-opted WMSC member Alexander Keene lavished particular praise on the speed and efficiency of the Sixty strong Chinese Arbiter team, trained by Mr Guo Chanwei and Miss Sophie Huang, both recently promoted to level Two arbiter status.

Also singled out for extreme merit under intense conditions were Chief of Ethics Dominic O'Brien, literally the 'Orwellian' 'Big Brother', supervising with aquiline eye his optical empire of sixteen Security Cameras. Also level four arbiter and multiple world Mind Mapping Champion Elaine Colliar, who kept careful tally of the mountains of paperwork required for these exacting tests of Mental Power.

As dignitaries, workers and Vips of WMSC, including their Serene Highnesses Prince Marek and Princess Petrina Kasperski, cruised at night past the shimmering river fountains in front of the illuminated Hengda Hotel and Conference Centre, memories of previous towering crenellations of Global Mental Literacy were evoked. Just as the Veen Island Palace of revolutionary sixteenth century Astronomer Tycho Brahe was known as Uraniborg, the fortress of the



David Zhang, President of the China World Memory Sports Council



Alexander Keene MA





stars, so Hengda will go down in the annals of WMC co Founder Professor Tony Buzan's ongoing quest for Global Mental literacy as:

THE FORTRESS OF THE BRAIN.

May the Games Continue!

## DAY 3

With only the final day to go in the 24th World Memory Championships, a Tsunami of new world records has swept

across host city Chengdu. The records have poured in under the Overall, Junior and Kids categories of the various disciplines. This is ample proof that the aspirations towards Global Mental Literacy of both the young and the very young are guaranteeing the future of Memory Sport.

After just two days of Competition a staggering 31 world records have been broken. The most impressive was the performance by Shi Bin Bin of China who obliterated Ben Pridmore's longstanding Marathon card record (1456 cards) by correctly recalling 1612 cards in just one sitting!



Eager photographers





Competitors ready to begin



World Memory Championship Competitors





photograph by Brad Zupp (bradzupp.com)



photograph by Brad Zupp (bradzupp.com)



photograph by Brad Zupp (bradzupp.com)



photograph by Brad Zupp (bradzupp.com)



photograph by Brad Zupp (bradzupp.com)



## "Hengda will go down in the annals of the World Memory Championship as Professor Tony Buzan's ongoing quest for Global Mental Literacy as the Fortress of the Brain"

The national tally of world records broken is as follows:

China.....	15
Mongolia....	12
Sweden.....	3
USA.....	1

Entering the final day's challenges, Marwin Wallonius (Sweden) continues in individual Gold Medal position, while Germany lead in the Team event.

Congratulations and support for the sponsors, organisers, officials and competitors of the 24th WMC are pouring in from around the world. Messages have inter alia been received from Dr Wang Yiqun of Imperial College London, Dr Manahel Thabet, Dubai and global TV Streamer TV Apex.

Dr Suhail Chughtai of TV Apex has generously and enthusiastically offered his Television Network for live screening of Friday's Award Ceremonies.

Meanwhile World Memory Sports Council Members, Their Serene Highnesses Prince Marek and Princess Petrina, on Thursday evening awarded the Prince Leon medal - for meritorious service - to : Dominic O'Brien, Phil Chambers, David Zhang, Elaine Colliar and Alexander Keene.

And the Games will conclude in a blaze of fresh Mental Power and Achievement on Friday.

Fridays results will bring the moment of truth. Will Sweden and Germany maintain and uphold their individual and team domination, or is there still time for an outlying rival to intervene and snatch the laurels, in this the most richly endowed World Memory Championships ever held?



photograph by Brad Zupp (bradzupp.com)



photograph by Brad Zupp (bradzupp.com)



photograph by Brad Zupp (bradzupp.com)



# The Butterfly Universe Movement

by Tariq Qureishy

**T**he Butterfly Universe Movement is a global movement to transform 'Human Intelligence' into what it is designed to be. The movement has already become a beacon for global mental literacy.

Professor Buzan's untiring effort, research, passion and discovery has been laying the foundations over the past six decades for this moment. Tariq Qureishy came up with the 'Butterfly' brand and metaphor which has helped to ignited people's imaginations and unleashed the artist within each one of us. Raihan has come up with many brand activation concepts and sustainability ideas which are all being piloted in Pakistan and

Poland at the moment. Together we have brain-stormed our way into building a sustainable content, media, entertainment and business concept which amplifies the global mental literacy message.

The moment has arrived. The Butterfly Universe Movement, used as a metaphor for the transformation and metamorphosis for y

---

"Every one of us has a Butterfly deep within us which comes out in its full glory, as we are all artists"

---



our children and adults, 'finding their wings' has taken off globally.

It has already become one of the beacons for global mental literacy with launches in Pakistan and Poland and introduction all over the world.

## The Metaphor

The butterfly is an over-riding METAPHOR for all the intelligences and cognitive skills, all the brain powers and the metamorphosis that we go through in our development process.



The movement is chaired by Professor Tony Buzan with its two Co-Founders/Presidents, Raihan Merchant and Tariq Qureishy. They have a united mission and purpose. Butterfly Universe is a 'not for profit social enterprise' with 100% of all income generated remaining in the entity for the future development of global mental literacy. That's its sole purpose. It is designed for and held in trust for the children of the world to help transform their future. This structure retains its absolute purity and spirit and unleashes people all over the world to contribute. We are all here to serve the honourable mission.

We are building a 'BRAND' and a 'VISUAL ANCHOR' to help unleash the imagination.

The caterpillar is quite basic and emerges from the little egg in which the machine is made. The cocoon is producing a far more complex and engineered machine with astonishing colours and structures and aerodynamic features. It incubates, generally for less than a year, builds itself and emerges

incredibly strong and beautiful.

A vast majority of children get to the stage of a caterpillar and many of them get crushed or at the very least suppressed. The incubation and metamorphosis process, the current schools and education systems are destroying their full potential. Their evolution and development is stunted so their brains cannot blossom and genuine creativity is obliterated.



Professor Tony Buzan in the National Convention Centre, Krakow, Poland

They are taught **HOW NOT TO!**

So metaphorically they are crushed and stunted... they never become butterflies.

The Butterfly Universe (BU) project is rescuing the caterpillar and protecting the cocoons allowing the butterfly to emerge into its spectacular and magical glory. To fulfil their

true potential. It is a percentage game to increase the number of butterflies in this transformation process. The Butterfly Universe is giving it the wings to fly!

Every one of us has a 'Butterfly' deep within us which comes out in its full glory as we are all artists. This has been an amazing revelation in every country we have been to.

This story is the ultimate metaphor for us to realize that a child's brain is like the caterpillar in a cocoon and ready to become a brilliant butterfly, waiting to fly away.

Therefore this is the **METAPHOR FOR THE CHILD.**

The mission is to enlighten the world with mental literacy, teach them 'the Human Language', to 'learn how to learn' and transform our universe, using the infinite power of our brain. We have already started with the initial challenge of reaching a billion kids by 2020.

The unique opportunity we have is



The Karachi 'Brain/Learning Festival'



The Karachi 'Brain/Learning Festival'



through the world of technology, media and entertainment. This medium can amplify the message of mental literacy and reach our audience faster and with impact. This approach would supplement the current "bricks and mortar" schools with a creative new model focused more on the future in the "Age of Intelligence".

We could reach a billion students by this method alone.

To deliver Mental Literacy on a global scale is no mean feat and if anyone could even dream or attempt to accomplish this, then it must be the inventor of Mind Maps, the poet, the creative genius, the modern day Aristotle, Professor Tony Buzan.

Add a couple of 100% MAD people from the media and

Our activation format would be to do a series of "Butterfly Festivals" as a large event format, with TV and multimedia in major cities across the world, eventually linking them together. This is a celebration of learning with Tony Buzan as its "rock star". Our format is that the day is filled with music and dance performances from stars, appearance of iconic sports personalities and celebration of art and poetry while learning how to learn and the human language.

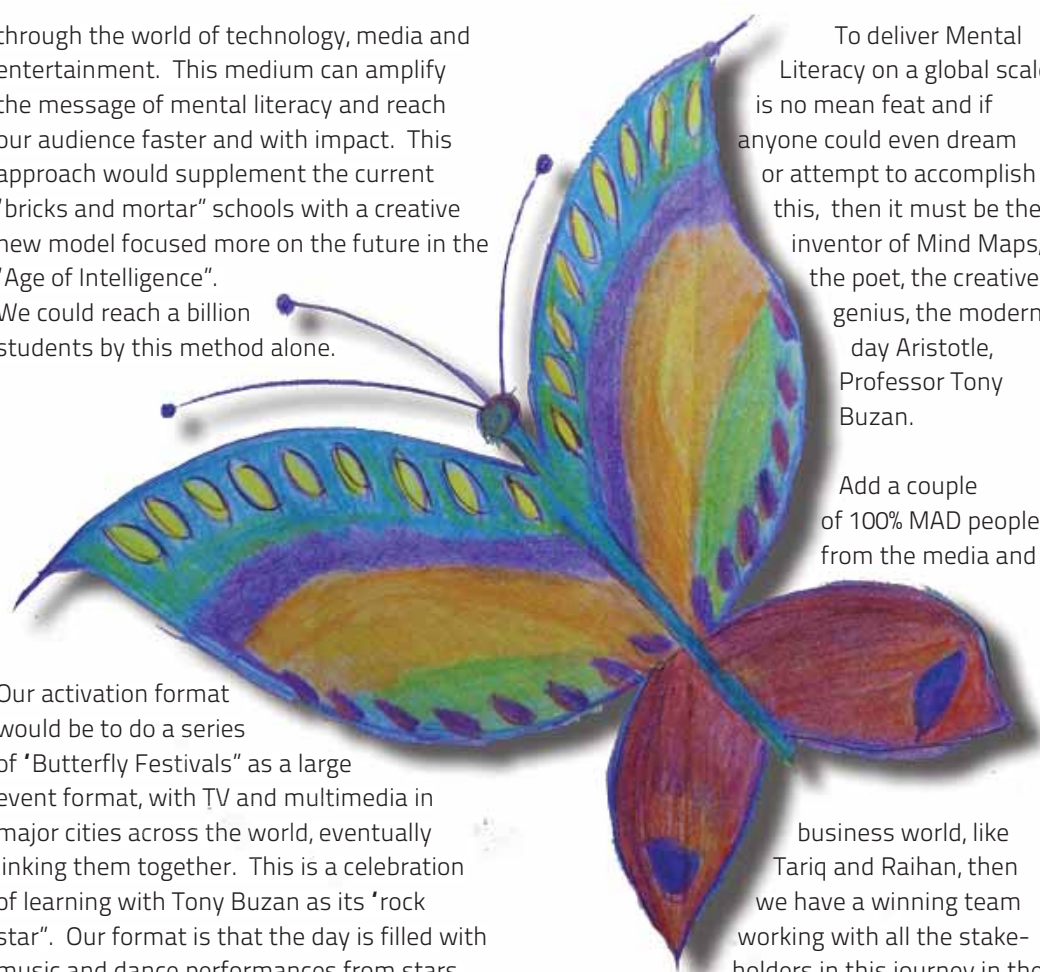
The kids will never forget the experience. The sponsors love it.

One example of it was on the 18 of May in the National Convention Center in Krakow, Poland with 2000 children between the ages of 9-16.

What a wonderful way to celebrate, because kids should enjoy learning, be in love with creativity, revel in day-dreaming, without guilt or misunderstanding. This will help them excel and fulfil their potential and the world will become a more productive, peaceful and harmonious place.

The movement was ignited in Pakistan as a pilot project in September 2014 and followed up in March 2015 with 1200 teachers. Then we launched it in Poland in May 2015. The "butterfly effect" has already started in UAE, Japan, China, UAE, UK and US too.

business world, like Tariq and Raihan, then we have a winning team working with all the stakeholders in this journey in the true spirit of collaboration.





## Extract from 'The Children of the Oak'

As he looked out of the window at the birdfeeders, instead of a squirrel on the main one, he saw a large, plump-bellied rat.

Oswald respected the intelligence of rats, but he would not show them the courtesy he did to the other scavengers and vermin because, unlike the foxes and the corvids, who happily accepted territorial borders, the rat was an invader, and, given the chance would appear in his kitchen, or a bedroom, and would eat away at the foundations of the house and the woodwork of the beams and joists to make safe areas where it could breed in very efficient profusion.

For its territory, it wanted the territory of humans, and Oswald was not prepared to cooperate.

An example of the rat at its most intelligent came from the experience of two old ladies who lived in the house at the corner of the road.

# The Intelligence of Rats

by John Carder Bush



Both in their middle eighties, but still physically able and keen walkers, they were sisters who had both outlived their husbands, and in later life had discovered that, with an interest in men, and all the jealousy and sibling hate that had come with it, out of the way for good, they actually liked each other's company.

Both suffering from failing sight, and both too lazy to wear their glasses except for watching television, they preferred to stay in the house whenever they could and cultivate the foxes that frequented their long and ornamental treed garden. Vixen would often come and sit next to them in the early summer in the knowledge that their would be a reward for their company, and also because the old ladies were gentle and calm life-forces. Most years, a vixen would have her cubs in a den at the end of their garden, and would bring them to show to the two sisters when they were ready.

Apart from their life of concern and love for the foxes, they adored meerkats, the curiously engaging little animals that had launched into mass popularity at the end of the twentieth century. Of course, they would never have thought of keeping such a creature in a cage, so they indulged their fascination by watching television programmes featuring them, and collecting DVDs of nature series focused on the meerkat.

During the day, they enjoyed the company of foxes, and looked forward to spending at least three hours watching meerkats in the evening.

This eccentric behaviour had not gone unnoticed by a very intelligent watcher: a mature and experienced rat. A mother of numerous litters, she had moved into the sisters' house after the house next door had put down traps and poison to rid them of her and her families. She recognised traps and the smell of tempting, patented rat-poisons and would never have been caught by either, but her next batch of young would be.

Rats have what humans might call photographic memories. Their brains are forever taking photographs of everywhere they go, and when they take a new photograph of a place they have been before, they immediately compare it to the last photo. If there is the slightest difference, they either avoid the place, or avoid the small wooden object with a spring and a piece of food sitting on it, or even the cunning electronic devices, or the pads covered in glue that were not there before.

The more photographs a rat has to work on, the safer it is, hence, a rat that survives adolescence can live to a great age.

This mother rat watched the sisters from behind a hole in the wainscot in



"Praesent quis metus urna, at sagittis leo.  
Vivamus ac sapien a libero hendrerit varius.  
Vivamus vitae urna mauris, dignissim."

the evening, and from behind a hole in their garden shed during the day, and had noticed both their love for foxes and for meerkats. Although the rat knew nothing about meerkats, it knew plenty about foxes, and was disturbed by the change in their nature when they performed for the sisters, and impressed by the amount and quality of food they were given for this going against their nature. The mother rat had fought off foxes in the dark of the garden, and she was aware of their viciousness and predatory abilities. This disturbance grew as she compared photographs of snapping teeth and fawning muzzles.

If a fox could do it, so could she.

Within a month, she had taught herself how to sit upright like a meerkat, how to turn her head from side to side like a meerkat, and how to fix her face with an open-eyed intelligence like a meerkat. As this coincided with the birth of her current litter, her fast growing babies also imitated meerkats as they watched their mother.

After three months, she made her first move. This was a very brave decision as it involved exposing herself to the sisters, and this went against her nature. But she did it. As the DVD of meerkats in the African desert finished, and the sisters stood up to go and make their bedtime milk drinks, she led three of her children out of the hole in the wainscot and onto the centre of the carpet in the television room. She sat upright like a meerkat, and the little rats did exactly the same.

The first sister, having removed the glasses she used for television, saw the rats and assumed it was an image from the DVD still floating around on her retina, and continued on into the kitchen. The second sister, also after removing her glasses, did not see them at

all as her eyesight was almost confined to memory.

The mother rat, foiled in her strategy, had no intention of giving up. Rats have remarkable patience and will refine a strategy rather than abandon it. She led her prodigy back through the wainscot and returned to comparing photographs.

The ability to see something is always improved by the amount of light available, so the rat waited until the following afternoon and took her three children to the garden shed, where she watched the vixen and her cubs being fed by the two sisters. As the lamb chop bones and the bits of roast chicken bounced happily towards the foxes, who were fawning and performing like circus animals, the rat sat upright, and her children sat upright too. She compared photographs of the meerkats on the television with the three little rats and found the comparison convincing enough.

After the foxes had left, she waited ten minutes and then she and her children scurried along the fence, under the ground ivy and onto the patio where the sisters had settled down into a doze in the sunshine.

The rats went though their performance, the mother squeaking not unlike a meerkat to get the sister's attention.

One of the sisters opened her eyes and saw four meerkats on the patio, thought she was dreaming and went back to sleep to try and hold onto the dream; she often dreamed of meerkats, and dreaming of them, being with them and sharing their adventures as though for real, was far more satisfying than the television. A few minutes later, when she opened her eyes again, they had gone.

In those few minutes, the vixen had

returned, snapped up the mother rat and bit through her spine before she could return to being a rat and defend herself, while two cubs caught two of the rat children, and the third little rat escaped, all without disturbing the sisters' dreams.

The escapee, now taught to behave more like a meerkat than a rat, was killed and eaten by a large male rat that evening, who had regarded the little rat with its non-rat behaviour as some kind of abomination that needed to be eradicated.

But it must be remembered that rat intelligence can be genetically transferred, and there might come a time when the little desert rats and the domestic rat take on a strange, and apparently unexplainable similarity.

Oswald went into his remedy cupboard, very similar to the wardrobes in his sons' bedrooms, but lined with shelves and small drawers. It smelled and looked like a Victorian apothecary's shop. He took down one of a number of glass spray bottles, filled it with distilled rain water, added three drops of a tincture, shook the bottle and went out to the birdfeeders.

A thorough spray of the area would be sufficient to dissuade any rats for at least three months.



by Jez Moore

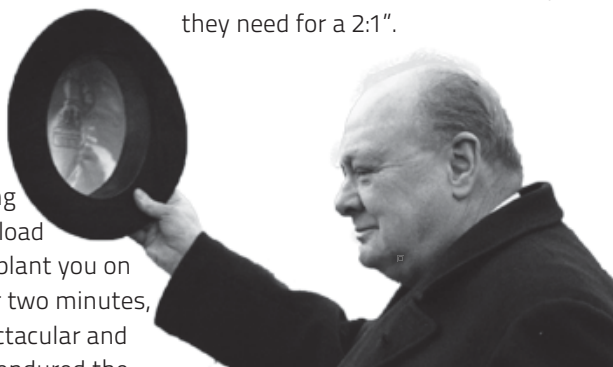
## Education has become Reductionist; Mind Maps are Expansionist

For those of you who are familiar with Douglas Adams and 'The hitchhikers guide to the Galaxy' you will know that the answer to life the universe and everything is 42..!

Just imagine that for one moment it really was, then, so what? Is it the answer that is important or actually the journey we took to get there and all the amazing things we discovered along the way? Just say I could load you into a helicopter and plant you on the summit of Everest for two minutes, would the view be as spectacular and memorable as if you had endured the long journey by foot, I doubt it. You see I am a hopeless romantic and believe that education is one of the most romantic, liberating and exciting things in the world and is a gift no one should be denied.

I recently visited the City of my university, Bristol, where I studied in the early 1980's, and

shared a lunch with my old tutor, Donald Shell. As we drifted into a relaxing conversation, reminiscing about the past, he let out a sigh and said 'Jezz you were the last of an era which were taught to actually learn, all students want now is the answer, what they need for a 2:1'.

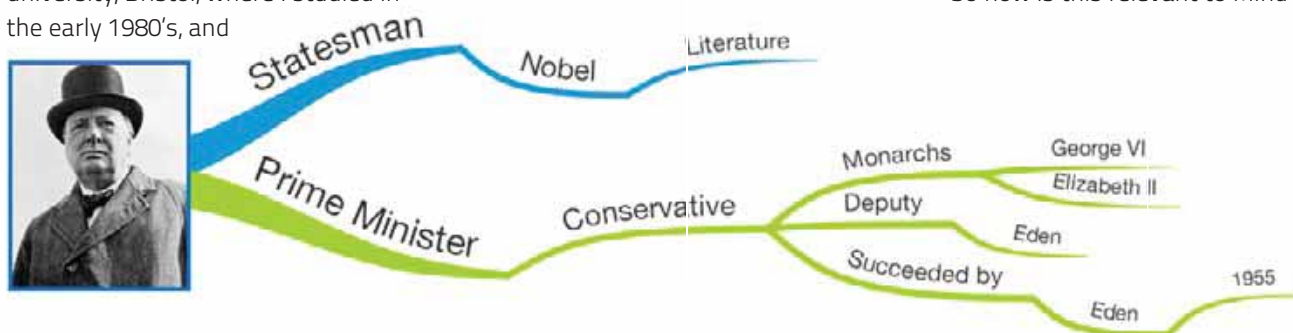


He then went on to tell a story about another lecturer addressing his students and challenging them with the question... who was the most influential leader of the 20th Century? He then declared.. Winston Churchill and the students all duly wrote down his name.

No..! He shouted, and then changing his mind he said Adolf Hitler... so they all crossed out Winston Churchill and wrote down Adolf Hitler. No...! He declared again, Che Guevara .... They crossed out Adolf Hitler... you can see where this is going. And that is the point, it's not always about the answer it's about the debate, the thought process, the argument and how we finally reach our conclusion.

And this has led me to the sorry conclusion that a great deal of the western world has been contaminated with reductionism, look at medicine, they want to reduce everything to a label, a condition and once they have done that finally they want to prescribe a tablet... and that is it! And now education has gone the same way, all we want is the answer and we have lost the rhythm, the sound, the dance that really makes up education. Told you I was a romantic!

So how is this relevant to Mind Maps?





For me the beauty of Mind Maps is firstly the basic design of the Mind Map hasn't changed and won't because it was right the first time and represents how the mind, well your mind, works and works for you, there is no 'right one', and never will be. They are each and every one unique to its creator or in the case of a team, its creators... never to be replicated.

Mind Maps are a synaptic explosion of images, words, sounds, colour, they include all senses, in no particular order but most importantly they preclude none. That is why they are expansionist and not reductionist.

The education system needs to take a step back and take a hard look at itself and ask what is its genuine objective, is it to actually teach students how to learn or stuff them like intellectual 'foie gras' with countless 'right answers'? In the latter case the job gets done but isn't pleasant for any of those involved.

Now I would like to conduct a genuine experiment, which I have already discussed with Tony, so he knows where I am going with his. I put the following challenge to you all and I want your feedback.

### Step1.

Take a really negative subject.... Say... depression. Now I want you to write a few words on the subject, certainly no

more than two sides of A4. My theory is this: - Approximately 80 percent of you will be able to do this and the dominant sense will be auditory and while the other senses will be used they will be somewhat muffled. I suspect that as you put pen to paper what you write will probably sound more like a letter to someone typically about an experience you have had or witnessed, maybe a dead goldfish or something. Job done.

### Step 2.

Do a Mind Map about the same subject and see what happens. I tried this myself and this is what happened. I thought about depression and allowed the Synapsia overload to conjure up all sorts of data. Then the weird bit....

As I went on with all senses opened, I couldn't stop introducing positive suggestions, helpful antidotes to this terrible condition. Try as I may because my brain was inclusive and expansionist, the positive players that had been left on the subs bench wanted to get on the pitch and be included. Try it for yourself! See note at end of article for feedback.

So where does this leave me. I am philosophically opposed with our obsession for the right answer and make no mistake the likes of Google play their part in denying us some of the richness of discovery. Fear not I am

not anti, social media just in the same way I am not anti-guns, but it does depend on who's hand they are in.

I guess I know from my own experience of Mind Maps that they became my escape from the reductionist judgement I had found myself subjected to. This is by no means an intellectually rigorous article, but it is heartfelt and comes with total conviction that education is one of the most beautiful things in the world and should be regarded as such. We are merely custodians for the next generation so it is our responsibility to pass on the 'best bits', the excitement of the journey and not end up with merely hideously inflamed intellectual livers, like foie gras.

Note. Riddlebox Limited are experts in measuring worldwide experience and would like the feedback to the challenges set forth in the article and will produce and re-produce the results in the next issue of Synapsia. Please provide this by clicking on the link below:-

<http://hiltonoex.pulseatriddlebox.co.uk/mypulse.php?id=1110561094>

Survey opens December 1st and closes 20th 2015.

Author: Jezz Moore - July 2015



# MindMaps

## What's the point of colour?



by World Mind Mapping Champion,  
Phil Chambers

I was sitting admiring the river Thames at Henley Business school on my 'day off' before co-presenting the ThinkBuzan Mind Map Licensed instructor course with Tony Buzan. I noticed that most of the river cruisers were flying the familiar red ensign (a Union flag in the upper corner on a red background).

However some had a blue background instead. It turns out red is for conventional civilian vessels and blue is reserved by the Admiralty for masters of vessels in possession of a warrant issued by the Director of Naval Reserves, and for members of certain long-established clubs, such as the Royal Thames Yacht Club. This led me

to think about the topic of this article:

The reasons for using colour in Mind Maps.

Our eyes and brains have evolved to recognise certain frequencies of the electromagnetic spectrum that we call colours. This is not ubiquitous in the animal kingdom. Bees can see ultra-violet light whilst most cats can only detect a little colour. Cats have better night vision than humans and superb depth perception for hunting. There must therefore be some evolutionary advantage conferred on humans to have retained and developed colour vision.

It is a common misconception that colour is simply used on Mind Maps to make them look pretty. It is an unnecessary frivolity for kids and has no place in serious business. Nothing could be further from the truth. There are myriad reasons to use colour. Here are my top five:

### 1) It aids clarity and conveys meaning.

Colour helps us to discern differences and thus extract meaning.





Try to navigate the London Underground using a black and white map and you will struggle. Using a different colour for each tube line makes it far easier to see the interconnections and simply follow what is a very complex diagram.

## 2) It promotes creativity.

Colour stimulates the right side of the brain. Creativity is born from the interplay between right and left. A single colour (or mono-tone) leads to monotony and boredom. What does your brain do when it is bored?

It shuts down, tunes out and goes to sleep. Even if you manage to stay awake your mind wanders off in search of stimulation elsewhere.

## 3) It can be used to code extra information.

Colour-coding is very useful as it allows you to add extra information without the need for additional words that could potentially clutter a complex Mind Map. Einstein said, "Everything should be made as simple as possible, but not simpler."

In a meeting context you could make all action points red or assign each person a colour to track their contribution. Edward deBono uses colours to segment types of thinking with his 'Six Thinking Hats' technique listed below. The same approach can be used on a Mind Map.

**Red = Emotion or gut feel,**

**Green = Lateral or creative ideas,**

**Yellow = Positive reasons why something will work,**

**Black = Potential problems,**

**Blue = Summary for action,**

**White = Data, facts and figures.**

## 4) It helps to chunk related ideas.

Chunking is a natural memory system. Ask anyone a phone number and they will nearly always give it to you in blocks of three or four digits. These are 'chunks' of information. Our working memory can hold between five and nine pieces of data concurrently before we get overloaded. A phone number typically consists of 11 digits.

Considered one-at-a-time this is far too many to remember. By grouping the digits together the number only takes up three or four



'slots' and is much more manageable. If you have less than nine main branches on your mind map, typically 7, and use one colour per set of branches you are achieving the same strategy of grouping data into manageable chunks.

## 5) It can be used to highlight important points.

Using a different colour from that which predominates on a branch is a great way of drawing attention to salient points. This also improves memory by creating a 'von Restorff effect' (named after the female, German psychiatrist Hedwig von Restorff 1906–1962).

This predicts that an item which stands out from its surrounding context (called distinctive encoding) is more likely to be remembered than other items. It is a bias in favour of remembering the unusual or



imaginative

Use colour in your Mind Maps and your life in general. It's not just for fun but has serious benefits.

# Interview

## The continuing interview with Joe Williams, champion boxer and champion of the mind.

(Part 1 of this interview can be found in Synapsia: Volume 10 - Issue 1)

**Q>** Songs?

**A<** Yeah definitely songs for ceremonies. Definitely songs for ceremonies yeah. Not art sorry not so much as the songs in the painting. You know there's obviously the visual aspect of aboriginal cultures through art. Then there is the physical aspect of dance and songs. And celebrations through our ceremonies. And so forth so it's very layered. And extremely, load of depths to it. So it's harder to explain.

**Q>** You explained it very well. When you were in Wagga Wagga. You are also in another area for a few years?

**A<** Yeah I was I was born in Cowra and I lived there till about 10 and that's where our family was a fairly predominant family in that town. Everyone around the town knew that we were aboriginals boarding family. They knew we were fairly staunch family in what he believed in as well. Then we moved from Cowra to Wagga. What we thought was a huge city. We went from a 10,000 place population to a 60,000 place population because it had two main streets and it was huge. So it just created more opportunities and get more opportunities for us kids and you know most boys gets the better education you know it's a fairly telling movie now, its famous history.

**Q>** And then you move to another place? You stayed in another place?

### Synapsia interviewing Joe Williams

**Q>** And when is children at 60,000 years where they taught or trained in thinking art, music, what were they trained to become?

**A<** Yeah there's obviously different roles and responsibilities as well.

And predominantly the female is the one said look after the kids. And kept things around home.

So forth and around the camps.

You know all on track. The men were the hunter and gatherers you know, the woman would do basket weavings as such and carry the food and lots of the hard work and such as well.

The men go out hunting and the men were staunch warriors.



So again to pass on the generational stories of respect and humility of why you know of why we eat certain animals at certain times of the year end and why it rains when it does the story of how our creations.

**Q>** So does that include poetry as well?

**A<** Can do. It can do.

**A<** And then I moved. I moved to Sydney. I moved to Sydney and played as a rugby league player for 10 years. And then I went over and played a little bit of football over in France. Toulouse Olympique. Beautiful, beautiful part of the world. Then again I got what I thought was homesickness. But it was that spirit crying out for me to come home. That aboriginal spirit that you can't be too far away from home. They called me back home and I had to move back home and I own country to my

children which was Dubbo at the time. At the time and I moved back home which which was beautiful for us with my fiancé Courtney. My youngest child Ary moved back to Wagga for about four years now. So I've got four children, Brody is 10, Phoenix 9, Rome who is 8 and Ary who is one.

**Q>** Great. You mentioned in previous conversations the punya.









**A** < Yeah I have. I do a lot of work, I guess a role modelling work is what they call it with athletes as a role models. With the organisation called NASCA. Which stands for National Aboriginal Sporting Chance Academy. I was one of the board of directors at Nasca. I program manage there and we spent some time in the remote northern territories and went out to service different communities. With our role models. Just help to guide kids and students about the benefits of staying in school and in education and life philosophy and a healthy lifestyle. This was something very close to my heart for Anya. You know I spent some time there yeah I got a fantastic relationship with her with one of the young students who was there with as she was there I guess she was in some really unfortunate

circumstances. She was a beautiful young kid who had a South African father and white South African father and a traditional aboriginal woman. She was exposed to some fairly negative things that are with violence and families and drug and alcohol abuse and different sexual assault and so forth. That you know obviously kids don't need to go through. I can't comment directly about the stuff that she has gone through but I have since learnt that that young lady has passed away which she would have been all of the age of 16 or 17. I spoke with a fellow, a fellow colleague of mine, who is working in the Nasca and I were looking having to live with that aspect. It's a little more difficult than that. Obviously the stolen generation and so forth. It's hard as it takes over life and country.

**Q** > It's a story about Lorraine Gill who is an artist and she went to the outback and as she was in love with the country. And these beautiful visions and she loved the aboriginals and their art. She was and still is an artist. And she would teach people art in Alice Springs and sometimes students would get hate because they were girls, ladies and people thought that art was a waste of time. They shouldn't do it. This Lorraine girl fought for these females to be taught what they wanted to learn and that was to learn art.

And what she did in Sydney. And the Papunya supported her, invited her and she actually more or less lived with them. And when she would go out in the evening or at night when she was told 'never go out into the



hills it's very dangerous" she wanted to see. And you can see a lot at night. Clear sun spangled skies and with the moon is very easier to see. But the aboriginals in the Papunya would guard her not following her just protecting her. And so when she be on top of the hill she would feel that she was being watched. And she was also very sensitive. And she kind of scanned with the eyes of an artist. And she would see you know nearly a mile away. In the valley the aboriginal leader just watching her do you protect her and not to follow her. And during those times, they watched her paint. She painted and drew beautifully. And rather than calling her Lorraine K Gill the artist they called her "that woman with them sticks". Which was her brushes and her crayons. It's a wonderful story. And so let me ask you at the end of our conversation your dream. The aboriginal dream and their life as a dream. Your day dream and your dream for your life. What is your dream? And what do you want to tell the readers of Synapsia? You are fascinated with the brain, fascinated with learning, with intelligence with the future. What's your dream?

**A** < I think you know the purpose of our dreaming is to carry on the story, to carry on the education down to our younger people. The

dreaming is always changing. It's the way we live it's the way we thrive. From our future to our past. You know, I guess the aboriginal dreaming is very very different to non-indigenous say dream or dreaming.

**Q** > Yes what is the difference?

**A** < You know, I guess if you have a dream when you're asleep it's a subconscious memory. You know you be going up I'm going over something you've done or projecting in the future that you want to do. But again, you know, the dreaming for aboriginal people that's their life. It's not something we do when we are asleep. It's something that we live. The way we live is our dreaming. You know that our life story is dream. So for me, I guess my dream story and my dreaming is, is everything that I am and everything I want to be. To be out and impacting on my people. The aboriginal people in a positive manner. In a light that helps educate them in becoming strong young people. 220 odd years of removal and disposition for our country is, it's hard to grip aboriginal people because it's so, so to me so negative, hard for a lot of us to understand. But again it's if you get caught up thinking about the negative ways it will continue to

be negative. My spin on that is, that I guess, European life wasn't sent out here to conquer aboriginal people. Or to invade aboriginal people. I honestly believe that European people and the non-indigenous life was sent out here to learn of us. In everything that we do because it's, our culture, our passions, living and dreaming. It's all about self respect. Care, humility and non-judgement of others. So into 220 odd years that there has been settlement in Australia yes some things have gone wrong, no secret about that. In saying that, if we continue to harp on the negative of why it's going wrong and that it is going wrong, then it will continue to go wrong. So again it's just a bit of changing people's perceptions and why I'd like to bring positive manners. And by doing that you have to role model it so. That's the sort of person I want to be. I want to be that proud leader. I strongly leader, a staunch leader for aboriginal people. To then lead us into a New Avalon

**Q** > Wonderful. You are already a champion. You are a champion of boxing but you are the champion of the mind. Thanks for the great conversation. Synapsia will support and love you as will the readers. Thanks?

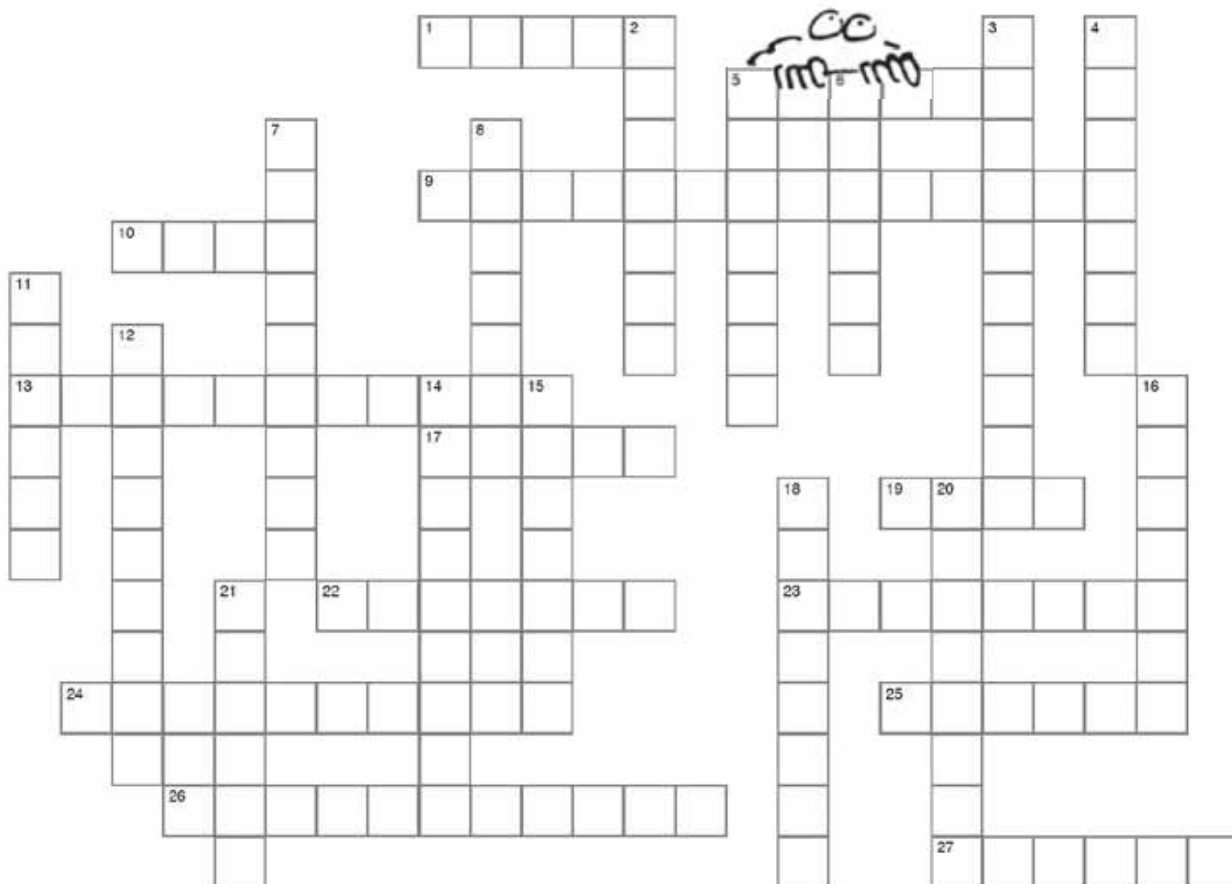


## Crossword

by Marek Kasperski  
Online Editor.

The answers can be found  
on the last page...

For a printable or online version of this puzzle, please visit  
[synapsia.net/puzzles.html](http://synapsia.net/puzzles.html). Select 'Brain Trust Crossword  
Puzzle Volume 11-1



### Across

1. Clear, of mind
5. The - peninsula contains Greece, Albania, etc
9. The quality of being guided by sudden unpredictable impulses
10. Cockcrow time
13. Consider calmly
17. Chill, take it easy
19. To coast along a runway
22. Japanese paper art
23. Period of 366 days
24. Amazonian ecosystem
25. Small device or cartoon inspector
26. A great disaster
27. Closing section of play or book

### Down

2. Not sincere or candid
3. Heiress
4. Support, Strengthen
5. Really mad
6. Famous Paris art gallery
7. Make unpredictable
8. Wealthy business leader
11. Five cents
12. First, opening
14. Building designer
15. Gracefully refined
16. Receive by succession
18. Set apart as sacred
20. Assess the value
21. National airline of Australia



# CHESS as a thinking strategic metaphor

BY RAYMOND KEENE OBE,  
INTERNATIONAL CHESS GRANDMASTER

## S strategy – Decision - Action

In mid 17th century Japan Miyamoto Musashi, the invincible Samurai warrior, wrote *Go Rin No Sho*, A Book of Five Rings, a penetrating analysis of victorious Samurai strategy. For over three centuries this martial arts masterpiece remained a Japanese secret, but in 1974 it was discovered by the West. Almost overnight, the new translation sold more than 120,000 copies in hardback, catapulted to best-seller status in paperback and drew lavish praise from leading newspapers around the world.

Time Magazine wrote: 'On Wall Street, when Musashi talk, people listen.' The New York Times added that Musashi's strategy was 'suddenly a hot issue on Wall Street'.

**From one thing, know ten thousand.**




Musashi's central message is one of 'wider application', of 'transferability'. Achieving mastery in one-discipline arms you with the weapon to transfer those skills to all other areas of life. Although on the surface- Musashi's book is specifically a guide to Samurai swordsmanship, at deeper levels it provides a blueprint for strategy, decision and action in the home, on the battlefield, in the corporate boardroom - in fact, wherever you choose to apply it.

Musashi summarized its essence thus, stating and re-stating his theme throughout the book: 'From one thing, know ten thousand things. When you attain the Way of strategy there will not be one thing you cannot see ... If you know the Way

broadly you will see it in everything.'

### The mind sports metaphor.

In spite of its undoubted brilliance, Musashi's book has two draw backs for a modern audience. First, Musashi frequently expresses himself in a sometimes obscure and often impenetrable Zen terminology. Secondly, the 21st century reader will find it difficult, if not impossible, to participate at any meaningful level in Musashi's prime metaphor, that of Samurai swordsmanship, when with a real blade you face an opponent whom you must kill before he kills you. We are not likely to wield a Samurai sword



Time Magazine wrote:  
"On Wall Street, when Musashi talk,  
people listen".

in a life or death situation. Samurai swordsmanship will always remain beyond our personal experience.

Accordingly, this presentation turns to the easy-to-learn game of chess, already well established as an important thinking and business metaphor. It re-interprets and updates Musashi's martial arts message, and extends it through a new dimension, a martial art of the mind.

In its various manifestations (Western, Japanese and Chinese) chess is the world's most popular mind sport, with

well over 400 million devotees. Chess is also at the cutting edge of the quest for artificial intelligence. Six times World Champion Garry Kasparov regularly faced off in matches against IBM's Deep Blue super-computer in which million-dollar prize funds were at stake.

### **Victory without killing.**

Most importantly though, chess offers the experience of real victory, without killing, and the parallel experience of real defeat, without having to die. Playing chess, you face pressure of

time, you must assess risk accurately, and you must think globally and locally: in other words, it is all down to you. You truly win or you truly lose.

### **No accidental results.**

There are no accidental or chance results in chess. The ethos of entitlement and the syndrome of blaming others for setbacks are both alien to the game. Indeed, it is the qualities of personal enterprise and self-reliance that distinguish chess. The chessplayer should not





blindly accept the pronouncements of authority. Thinking for yourself is what counts. At the chessboard, real situations beckon and, as Musashi would have put it, in mastering chess, you master in microcosm all forms of combat and strategy, for any application you may choose.

After absorbing this message, you will learn an approach to winning based on martial arts' principles. And whether you are a novice or an experienced player, you will come to enjoy a unique metaphor for success in business and life.

As you learn the objectives, basic

### Lessons and benefits.

strategy and tactics you will also be guided to begin thinking like the greatest strategists of all time - the Samurai.

We remind serious students of the old Japanese saying, 'When you have completed 95 per cent of your journey, you are half way there.' As you climb the mountain of chess the air gets thinner and progress can seem elusive. This disquisition offers an Insight into mental fitness to liberate your full potential as a mental warrior.

If chess were a game only, chess would never have survived the serious trials to which it has, during the long time of its existence, been often subjected. By some ardent enthusiasts chess has been elevated into a science or an art. It is neither; but its principal characteristic seems to be - what human nature mostly delights in - a fight. Not a fight, indeed, such as would tickle the nerves of coarser natures, where blood flows and the blows delivered leave their visible traces on the bodies of the combatants, but a fight in which the scientific, the artistic, the purely intellectual element holds undivided sway.' Emanuel Lasker, World Chess



Champion 1894 to 1921

### Why choose chess?

Chess is open to everyone, regardless of age, gender, physical or economic status, and offers many specific and profound benefits.

### Developing memory power.

International Grandmasters can play many opponents simultaneously and remember all the moves from each game. They were not born with this skill - they developed it through intense practice and concentration. Memory is the cornerstone of intelligence and the database for creative thinking. All creative thinking is the result of new combinations of recalled ideas. As you learn chess openings and basic patterns of play you begin to flex and strengthen your memory muscles. I have, for example, challenged 107 opponents placed in a giant square around me, at Oxford 1973, and in three hours lost just one game, winning 101 and drawing 5. After the display I could remember all the moves of every single game.

### Slowing the aging process.

According to Leonardo da Vinci, 'Iron rusts from disuse, water that does not flow becomes stagnant, so it is with the human mind.' Much of what passes for mental decline with age results from 'disuse'. Research has shown that individuals who regularly play mental sports are less susceptible to Alzheimer's and other diseases associated with advancing years. Chess keeps your mind agile, strong and clear as you get older.

### Aesthetics.

Chess is beautiful. The artist Marce Duchamp believed that: 'Every chessplayer experiences a mixture of two aesthetic pleasures: firstly, the abstract image, linked with aesthetic ideas; secondly the rational pleasure of ideographically implementing this image on the chessboard. Not all artists may be chessplayers, but all chess players are artists.'

Chess is as sensual as well as a 'purely mental' delight. 'A good chess set is a work of art. As you play and learn in this vibrant universe of black and white squares, you come to love the feel of the pieces in your hand, and to revel in the dramatic diagonal sweep of the bishop, the delightful leap of the knight, and the powerful thrust of the rook.

### Self-knowledge and insight into others.

For those given to reflection, chess offers a mirror to selfunderstanding. Can you follow through when you have made a plan? How do you hold up under pressure? Are you impatient? Are you mentally lazy? Can you manage time? Do you play to win or to draw? Does fear of making mistakes prevent you trying something creative? Do you attend to details? Are you a gracious winner, a sore loser?

As well as teaching you about your own strengths and weaknesses, chess can develop your ability to understand others. To succeed at chess, you must learn to. Think like your opponent, even if your opponent's style of thinking is very different from your own.

'Life is like a game of chess: we draw up a plan; this plan, however, is conditional on what - in chess, our opponent - in life, our fate - will choose to do. '  
- Artur Schopenhauer, *Parerga and Paralipomena*, 1851.

### Stronger decision-making and accountability.

In many areas of life, one can get by with waffling, finger pointing and obfuscation, but not on the chessboard. Chess is a game of decision-making. The root of the word 'decide' means 'to kill the alternatives'. In chess, you must decide on a move in a given time, make it, and be prepared to live with the consequences. As World Champion





Emanuel Lasker commented, 'On the chessboard, lies and hypocrisy do not survive long.'

### Sharpening analytical and strategic thinking.

Asked what use chess was, the German philosopher Gottfried Wilhelm Leibnitz replied that it provided 'practice in the ability to think and innovate. Wherever we have to make use of reason, we need an elaborate method to reach our goals. And moreover: a person's resourcefulness is most apparent when playing.'

Innovation and 'resourcefulness' are even more important today. The ability to analyse a problem, plan its solution, and then carry out that plan is life's most important skill. Chess hones this ability in a unique and dramatically effective fashion. 'Improvement of ... endeavour, the prevention of idleness, and the training of far-sighted, logical mental enjoyment.'

Jacobus de Cessolis writing in about 1300 about the invention of chess. De Cessolis was a Dominican monk who employed chess allegories in his sermons. And one more thing, join the



mental elite: 600,000,000 people around the world play chess. 'Arabian writings of the 10th century AD not only praised the beauty of chess, the authors of the period also recommended chess as an educational aid in the development of logical thinking. They also held the opinion that chess could lead to an insight into things to come, could enhance friendships, and also protect against loneliness. The Arabs became enthusiastic players and all classes of society were enchanted by the game. Even the Caliphs played and were very generous to the masters, the best of whom was As-Suli, showering them with gold and gifts. As-Suli's fame was so great that he was later credited with having invented the game. Almost 300 years later it was still considered a great honour for a master to be likened to As-Suli.'

Finkenzeller, Ziehr and Buhrer, Chess: a Celebration of 2000 Years.

### Applying chess based skills.

Ask any top headhunter what kind of person they seek to hire for senior management positions. They will tell you that, besides the basics of strong analytical and decision-making skills, they need people with superior strategic-thinking abilities who are willing to be accountable for their actions: people with insight into others, who can plan and act under pressure, especially in the face of uncertainty. There is no better way to develop these abilities than through chess and other mind sports.

### Risk and reward.

A background in chess may prove better preparation for business success than even an MBA or a PhD. In 1990 Bankers Trust, a leading US financial institution, ran advertisements in Chess Life, the world's widest-read chess magazine, seeking talent for its trading division. The advertisements generated over 1,000 resumes; the bank interviewed 100 respondents and hired five, two of them Grand masters, the other three International Masters. During World War Two the British Government code-breaking centre at Bletchley Park hired all the strongest UK chess masters. One of them, two times British Chess Champion, Hugh Alexander, was portrayed prominently in the recent smash hit film about the breaking of the Nazi codes - The Imitation Game.

One of the gurus behind the Bankers Trust programme was international chess master Norman Weinstein, who became the bank's top foreign exchange trader, before moving on to Odyssey Partners. Weinstein attributes his success to his chess background. In an interview in 1994 with Forbes, Weinstein emphasized:

In chess, you learn to plan variations of play, to make a decision tree. One thing I find myself better in than most people is developing a strategy and implementing it. I'll say, 'If he does this, we'll do that,' whereas many very, very bright people will talk in generalities.

As an example Weinstein discussed his approach to analysing the possible break-up of the European monetary system.

To make a play on this involved shorting a number of currencies, which is very expensive to do. So I ... did a poll of traders and economists, asked them to guess the probabilities of a break-up, and ran these through the risk-return analysis. The results made it clear



## Notable chess players.

Alexius Comnenus, the 11th-century Byzantine Emperor, was allegedly playing chess when he was surprised by a murderous conspiracy. Being a good chessplayer, he managed to escape! In real life the Aladdin of the fairy tale was a chessplayer, a lawyer from Samarkand in the court of Tamburlaine, the 14th-century conqueror of much of Asia. Tamburlaine himself loved to play chess; he named his son Shah Rukh, for he was moving a rook when the birth was announced. Goethe was an avid chessplayer and believed that the game was essential to the cultivation of the intellect. Benjamin Franklin, another genius, was also an enthusiast - his *Morals of Chess*, was the first ever book on chess published in the USA. Other notable chess enthusiasts were Queen Elizabeth I, Russian Czar and founder of the Russian Navy, Peter the Great, and the French Emperor Napoleon Bonaparte, as documented at length in *Napoleon the Great*, published this year by noted historian Andrew Roberts.

## The rage of New York.

It is a grave mistake to think that chess, the intellectual game of profound concentration and Trappist silence, is an anti-social game, or that its players are all drawn from social elites. Throughout the world its appeal is deep-rooted, and it shows that intelligence - like a cultured foot or fist - is no respecter of conditioning or class. In New York's parks, games are played at lightning speed (only wimps need time to think), with resident hustlers pocketing an endless flow of bets. To chess traditionalists, this is startling enough. Even more significant, chess has proved itself a game, like football or boxing, that can lift poor kids out of the ghetto.

that it would be profitable to keep on shorting the market, despite the day-to-day losses. It paid off in about one month.

He added that chess develops talent for rapidly calculating probabilities - spotting opportunities and balancing risks against rewards. At the same time it also cultivates willingness to stick to a strategy, even when it produces losing streaks in the short run, an essential trait for investment managers and business leaders.

SKANDIA, the international finance giant, used a powerful chess theme throughout its 1995 report on value-creating processes and intellectual capital.

Michael Becker, a champion mental athlete and trader on the American Stock Exchange, told *Forbes* that chess is the ideal way to develop analytical ability. He recruits and trains traders and always looks for accomplished chessplayers. One of his most successful trainees is Ronald Henley, a Grandmaster who now

runs his own firm. Becker says that traders with a background in mental sports consistently out-perform their colleagues.

As part of an intensive three-week leadership training course, the top 250 managers of LGT, the international banking and Investment Company, all receive daily tuition in chess and other mental sports. Gerard Quirke, European Operations Director for LGT's asset management business, told Raymond Keene:

We now have a thriving LGT International Chess Group, with people playing every day, even on electronic mail, with colleagues from all over the world. Learning to play chess as part of the course acted like aerobic exercise, but on the mind. It was like a personal fitness regime for the brain.



In London and Berlin, for example, the amazing new sport of Chessboxing (combining the two activities in alternate bouts) has begun to flourish.

The Raging Rooks, a team from Adam Clayton Powell Junior School in Harlem, are an example. In April 1991, four students from this school in one of the most deprived areas in the whole of New York, wiped the board with teams from 60 other schools - some private and elite, and just about all of them better off than themselves - to win the US Chess Federation's National Junior Championships. They had hardly been out of Harlem before. One of them had never even ridden in an elevator. Yet suddenly they had to get used to the full and questioning glare of the public and the media.



## Animal News Flash by Mowgli

### The Goldfish Brain

BT (British Telecommunications) have attacked goldfish and their memories ! While advertising themselves for promoting their memory aids for people who have difficulties memorising their phone numbers, BT arrogantly, dismissively, and violently are spreading misinformation while insulting animals, in this specific case the goldfish.

BT state that their digital system of always giving people what they have forgotten (a crutch for memory, making their memories crippled), that their digital crutch helps people who have terrible memories because those people suffer from "Goldfish Memory".

Ignorantly and appallingly, they do not realise that goldfish can learn and remember a number of survival significant knowledge information in one learning trial. Furthermore, goldfish have already been studied in depth, and animal scientists have already confirmed that the goldfish has a long-term memory, is able to remember things completely unrepeated over three months, can recall them instantaneously after three months.

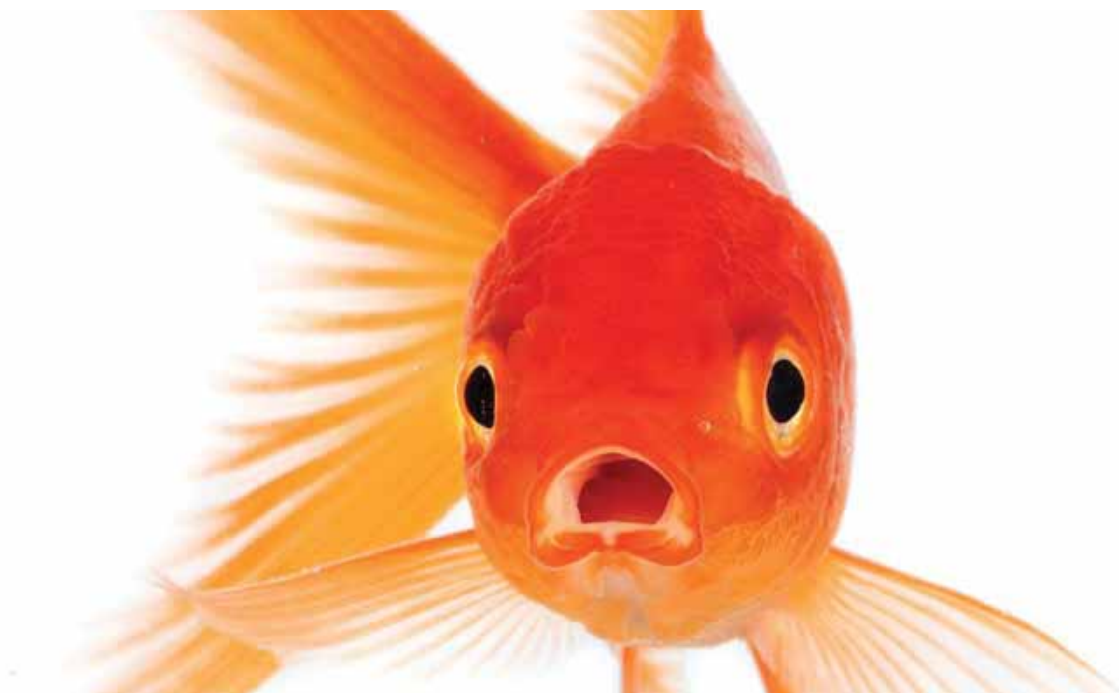
Q.E.D., that goldfish are indeed intelligent animals.

Wouldn't it be wonderful if BT were to publish a public apology to the Goldfish Brain, donating, say, £250,000 to The Royal Society for the prevention of cruelty to animals supported by the Brain Trust.

What do you think, Synapsia Readers?

email me at:

[TonyBuzan@synapsia.net](mailto:TonyBuzan@synapsia.net)





# Synapsia's Poetry Corner

## ABOUT LOSS

By Frieda Hughes

We borrow people, by blood or birth, marriage or friendship,  
But they are not ours to keep;  
We do not possess them — we have no rights,  
Not even in partnership or parenthood.  
Sometimes they drift off like balloons, caught  
In the breath of others, distracted by other countries,  
Other friends, other relatives and lovers  
And sometimes death.

Maybe they polished us in passing so we shone,  
But we are never less because they're gone,  
Nor are we lost, for we remain;  
Our time together was never to be infinite.  
We disregard the truth of impending separation  
That manifests again in each relationship,  
Our illusion of 'In Perpetuity' somehow ignoring loss of life,  
Divorce, or simply 'falling out' — or out of love.

All beginnings initiate an end,  
The time between, and the nature of that final severance  
Are all that's questionable. But if we live loveless  
In order to avoid the pain of loss  
Then our cowardice reduces us  
To shallow puddles of ourselves, evaporating.

So love, and let it end when it must;  
Be glad that time was had at all.  
It is a part of you, this loss, it lends you history;  
Not meant to harm, it becomes your tapestry and in this way  
You retain the missing — and the dead — in memory,  
They are born into the years ahead in the minds of others  
And so discover the root of immortality.



# MindSports

## The Birth of the Mind Sport of Memory

by Professor Tony Buzan

Inside most people is the urge to have fun and play games. It is far from being just a childish urge. In fact, those who maintain the capacity to play throughout their lives will always remain young at heart. Some people are attracted to physical sports involving running, jumping or propelling balls of all sizes into particular locations. For me, I have always been more interested in mental sports on the basis that the brain, unlike our physical bodies, has no limit to what it can achieve. Whilst sports commentators get wildly excited about the shaving off of a one hundredth of a second from a physical sport world record, I have witnessed a logarithmic or asymptotic growth curve of mental achievement over the years that no physical sport could ever achieve. And it shows no sign of stopping.

It was in school and university that I first fell in love with Chess and the achievements of the great players. Although I wasn't attracted to mathematics, mainly because I had teachers who made it very boring, monotonous, I was fascinated with statistics. I followed the ratings of chess players, seeing the great Garry Kasparov break through the barrier and reach over 8,000 points.

I then fell in love with Go, a board game involving two players, that originated in ancient China more than 2,500 years ago. It was considered one of the four essential arts of a cultured Chinese scholar in antiquity. I found that there was significant strategy involved in the game, and the number of possible games is vast (10761 compared, for example, to the estimated 10120 possible in chess), despite its relatively simple rules. I was hooked on brain games!

I also loved the concept of the decathlon and watch the athletes trying 10 different disciplines and watching the numbers change

as their results gather there. In the 1970s, as I looked around the world at the hundreds of thousands of different championships for all sorts of sports I became interested in the famous Guinness Book of World Records and how they recognised achievements in an incredible wide range of competitions. They were competitions and championships just everywhere. All the ball games, the basketball games, the ping pong games, the cricket games, the rugby games, the football games, the netball games, and Lacrosse games had championships. I thought how extraordinary it was with all these championships, but not one devoted to the one thing which, not only underpins every sport, but every aspect of our life - our memory! Memory is the most important cognitive skill we have.

Without memory could we talk? No.

Would we even know who we are? No!

We would not recognise any of our family or any of our loved ones. This could be a bit of a problem!

Would you remember any food?

Would you know how to eat or even walk?

No!

Without memory your life would be sucked out. Your memory is your prime cognitive gift and it's based on imagination, association and location. Memory is also the fountain, the font of creativity. Without memory you have no creativity. Memory is absolutely vital and yet it was taken completely for granted and no competitions or championships anywhere to recognise its importance.

I had studied all the memory systems,



the Japanese memory systems, the Indian Bedik memory systems, the Greek mnemonic systems, the Roman memory systems, the Aboriginal memory systems, the Inca memory systems and they're all based on the same factors. So it doesn't matter where they were in the world or what time they were, or what race or generic race they were, memory always works the same.

So the idea formed to create a competition for memory. I travelled to New York to meet one of the then biggest names in memory, known as 'television's the Memory Man' Harry Lorayne. He was American magician, memory-training specialist and writer who was called 'The Yoda of Memory Training' by Time magazine. He is well known for his mnemonic demonstrations and has appeared on numerous television shows including The Tonight Show Starring Johnny Carson. His book *The Memory Book* was a New York Times bestseller. His card magic, especially his innovations in card sleights, is widely emulated by amateur and professional magicians. He agreed to take part.

Along with Chess Grandmaster Raymond Keene OBE and Vanda North, I developed a I designed it into a decathlon for memory, a deca-mentathlon. The memory championships would have ten disciplines.

So what did the world of academia make of the idea? Amazingly, they didn't see the point! Dr. Valentine from



London University predicting that the number of 30 spoken digits will be a ceiling that no human brain would ever be able to remember. Today the World Record for Spoken Number has just been broken at the 2015 World Memory Championships and now stands at 456! A dramatic increase in the previous World Record of 374. But we are jumping ahead!

On Saturday 26 October 1991 over one hundred spectators, numerous journalists, and television crews including America's National Broadcasting Corporation, and the seven finalists, descended upon The Athenaeum Club in London for Memoriad '91 - The First World Memory Championships.

The Memoriad, under the auspices of The Brain Club and sponsored by The Buzan Centres offered prizes

including the Encyclopaedia Britannica, a set of 'Brain Books' from the BBC, the complete set of Shakespeare from Viking Penguin, and membership to the Brain Club, not to mention worldwide fame!

The event was a success on every level. Press and media coverage was exceptional, more than 65 media representatives reporting on the event. Memoriad '91 was featured in every major English newspaper, including front page coverage in The Times, was reported by Associated Press around the world, and accomplished tens of millions of 'viewers hours' in television coverage around the world.

Making history that day were eight competitors;

1. **Bruce Balmer**, who learnt 2,000 foreign words in one day(18 hours),



2. **Philip Bond**, holder of the World Number Memory Record at 236 random numbers memorised in 30 minutes,

3. **Creighton Carvello**, who has memorised the number Pi to 20,013 places,

4. **Jonathon Hancock**, 1988 World Record Holder for memorising six packs of cards, and student at Christchurch, Oxford,

5. **Harry Lorayne**, the doyen of American memory masters and the 'elder statesman' of world memory experts,

6. **Dominic O'Brien**, Guinness Book of World Records holder for consecutive card park memory (35!),

7. **Nwodo Ohaka**, the 'telecom memory man' known as the 'organic computer' for his ability to memorise 6,755 U.K. telephone dialling codes,

8. **Kenneth Wilshire**, mentathlete whose memory is so good it allows him to play Casino Blackjack successfully.

The World Championships themselves were a suspense-filled affair, with world records smashed along the way, and the overall Championship being decided with the last competition.

After the first three of seven events, Memorisation of Names and Faces, Numbers, and Random Words, the two favourites, Creighton Carvello and Dominic O'Brien, were lying third and first respectively, with

the young outsider, Jonathon Hancock, being a surprising second, having won two of the events, but having done poorly in the Memorisation of Random Numbers. In this event, in which the competitors were given 15 minutes to memorise a thousand-digit number, Dominic O'Brien came first, smashing Philip Bond's previous record with the perfect memorisation of 266 numbers, backwards and forwards, in fifteen minutes.

In the next three competitions, the Memorisation of Chess Positions, Written Text, and Chinese Vocabulary, O'Brien and Hancock increased the tension, battling it out for first place in each competition, O'Brien winning Chess and Chinese memorisation, Hancock Text.

Thus, going into the final event, the Speed Memorisation of a shuffled pack of 52 cards, both O'Brien and Hancock had won three competitions each, while Carvello posed a constant threat. This was particularly true in the final competition, where Carvello held the world record for the memorisation of a pack of cards at 2 minutes 59 seconds with only one error.

On this last competition rested: the overall champion-ship; Carvello's world record; and the reputation of at least four of the competitors who had publicly stated that they felt they could beat Carvello's bench-mark!

The cards were shuffled by David Berglas, President of the Inner Circle of Magicians. Each competitor was handed a pack of cards by his own personal adjudicator, and the mental combat began. The task was to memorise, in order, the pack of cards, and when having done so immediately to hand the cards to the adjudicator while raising the hand. Thus the competitor had not only to memorise the entire pack perfectly (in the competition no errors were allowed) but had to know when the memorisation was complete.

After 2 minutes and 29 seconds, Dominic O'Brien's hand shot up as he handed his pack to the adjudicator. He then buried his head in his hands. Carveilo finished in just under 4 minutes, and the remaining competitors took







the maximum of 5.

As the adjudicators walked away with the competitors, no one knew whether O'Brien had misjudged his memory, whether Carvello had indeed memorised perfectly and therefore maintained his number one ranking, or whether the more cautious competitors had been justifiably so.

After ten minutes of adjudication, all the results were in with the exception of Dominic O'Brien, and Jonathon Hancock was well ahead of the field with 46 cards perfectly memorised in order before making an error. Carvello had slipped up on an early card.

All then rested on the return of the final adjudicator: the World Championship, the World Speed Card Memory Record, and the individual winner of the final event.

Raymond Keene, O.B.E., Dominic O'Brien's adjudicator, finally marched in with the comment 'Perfect!'

In what was the equivalent to the Shoot-Out at the O.K. Corral and to High Noon, Dominic O'Brien had convincingly and brilliantly won the first World Memory Championships, breaking two world records in the process, and becoming a 'Brain Star' overnight. His first words after having been announced the winner and being asked by NBC what his reactions were to being the first World Memory Champion were 'To win it again next year!'

After the Gargantuan Battle of the Memory Giants, and Dominic O'Brien's extraordinary victory, the final standings in the first World Memory Championships were as follows:

- 1. Dominic O'Brien**
- 2. Jonathon Hancock**
- 3. Kenneth Wilshire**
- 4. Creighton Carvello**
- 5. Phillip Bond**
- 6. Bruce Balmer**
- 7. Nwodo Ohaka**

These achievements then became the benchmark and the start of what was to become The World Rankings table for memory achievement. Everyone knew what they had to beat in the future.

So my dream was that every one of the ten disciplines would have a graph that will reach to the sky reaching towards infinity. And my hope was

that the graphs of the improvement in each discipline and the number of participants would definitely rise. The ten disciplines have given us an international benchmark which allow us to have a level playing field in order to measure the achievements of our élite memory competitors and it's done that in such a robust and thorough way that we have world rankings are unassailable.

The ten disciplines used at the first World Memory Championships have stood the test of time. The only exception was the Poem discipline. As the sport became more international the challenges of translation into different languages, the use of capitalisation and the different conventions of grammar made it almost impossible to have a level playing field. The Poem discipline was subsequently replaced with Abstract Images.

The ten disciplines now used in all official memory competitions worldwide are:

1. Spoken Numbers
2. Playing Cards
3. Historic / Future Dates
4. Binary Numbers
5. Random Words
6. Abstract Images
7. Names and Faces
8. Random Numbers
9. Speed Numbers
10. Speed Cards

In the twenty five years that have passed since that memorable event in the Athenaeum Club, the World Memory Championships have been held annually, with the exception of 1992. The number of competitors and countries participating in the sport has also grown dramatically from







seven to the tens of thousands that are participating in the sport today.

The World Memory Championships has become truly international and has moved around the world to such destinations as Bahrain, Malaysia, China whilst returning to its birthplace in the United Kingdom at regular intervals.

It has always been assumed that the limits of the brain aren't the same as the limits of the physical self. So if you look at the graph of the 100 metres, the graph is asymptotic towards a limit and that is physical and the improvement gets smaller and smaller and smaller as time progresses. But with memory, that does not seem to be the case as the statistics have shown. The graphs showing the annual improvement across all of the ten memory disciplines are the beacons of the unleashing of the genius of the brain. The graphs are

the visual evidence of the astonishing capacity of the human brain and that all the limits are shattered.

On Tuesday December 15th 2015, the 24th World Memory Championships were declared open in an impressive three hour ceremony in the giant

domed conference centre of the Jintang Hengda hotel in Chengdu. A record breaking 275 competitors took part, the highest number ever participating in a World Championships.

The event was also unique for offering a prize fund of £100,000 -



almost US\$ 150,000. A very tangible reward for the many hours of practice it takes to compete at the highest levels of the sport.

The Opening ceremony was like a small version of the Chinese Olympic Games. Theatre, humour and all of it relating to memory, brilliantly done, and featured a Smorgasbord of traditional Chinese Cultural Manifestations such as: Taichi by a Grand Grandmaster of the art; Chinese ballet and operatic dancing; Calligraphy and acrobatics. As President of the World Memory Championships, it was my privilege to welcome our patrons His Serene Highness Prince Marek and Princess Patrina of the ancient Polish Princely House of Kasperski. The Championships were officially declared open by Executive Chairman of the Organising Committee Mr Cheng Cigao.

Prior to the event, everyone believed that having 275 competitors would be almost impossible to administer and manage the marking. This was quickly proved incorrect as the well drilled team of 100 arbiters were so quick and so accurate that for the first time in the history of the memory championships, they finished marking and double and triple checking all the papers before the next competition. So they had a break for the first time in the history of memory championships.

The team spirit of the competitors, from all participating nations, was wonderful. The Philippines, the Japanese, the Mongolians, the Chinese, the Germans, the Americans, the Indonesians, the Hongkongese, all spirited and helping each other, it was communal. The other thing that was wonderful was the intelligent intelligence. When there were difficulties, where there were problems, everybody tried to help everybody else solve a problem, even if it was to their disadvantage. They wanted things to be true and accurate and in the true spirit of the Competitor Pledge.

During the opening ceremony, and on behalf of all competitors the following pledge was read;

I agree to act at all times as an Ambassador for the Mind Sport of Memory and actively to promote the benefits of becoming a Mental

Athlete.

I pledge to conduct myself in a civilised and dignified fashion at all times, whether representing my nation or myself.

I pledge to uphold the principles of fair play and transparency in accordance with the rules and regulations of the Sport of Memory and in the spirit of the Magna Memoria.

Dendritae Jubilent !

Likewise the Arbiters pledges;

As an Official Arbiter, I pledge to act at all times as an Ambassador for the Mind Sport of Memory.

I pledge that all my decisions will be unbiased, fair and balanced, and that I will treat all competitors equally without discrimination.

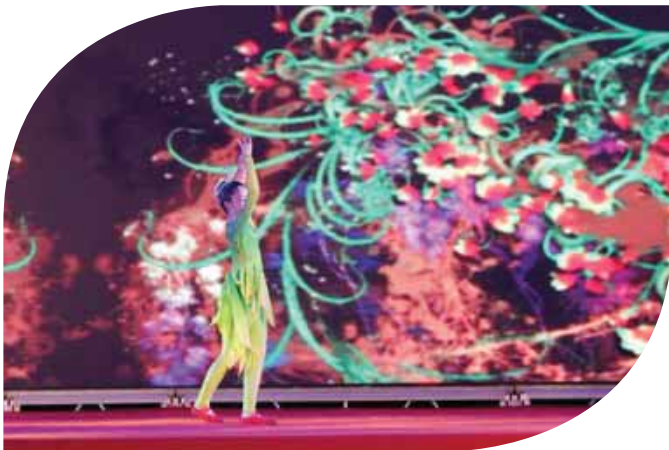
I commit to act honourably, and to promote the benefits of becoming a mental Athlete.

I pledge to uphold the principles of fair play and transparency in accordance with the rules and regulations of the Sport of Memory and in the spirit of the Magna Memoria.

Dendritae Jubilent !

Combined with the moving ceremony of the flags of all participating nations being presented, it demonstrated international sportsmanship at the highest level. A proud moment and a coming of age for the Mind Sport of Memory from its modest beginning 25 years ago.





An assortment of performers at the 24th World Memory Championships, Chengdu, China - 2015.

## Mowgli sends you information that will blow your mind.

What follows is the first of a number of articles  
about the World's real rulers and stunning facts  
about this super species... Ants!

**Number of species** 9,500 - and rising as we daily find more this number is roughly equal to the number of species of birds. We humans only have one species.

**Weight** The average weight of an ant is one, ten-millionth of the weight of an average human.

70 kgs = .007 milligrams  
10,000,000

The weight of ants on the earth is estimated to be equal to the weight of humans.

The number of humans = 6,000,000,000

The number of ants therefore =  
6,000,000,000 x 10,000,000

**= 60,000,000,000,000,000**

**Brain Size** Half the size of a grass seed

**Number of brain cells.** Approximately 500,000

**Number of colonies** Approximately 10,000,000,00

**Average colony size** Approximately 400,000

**Number of individuals** Approximately 400,000 x 10,000,000,000,000

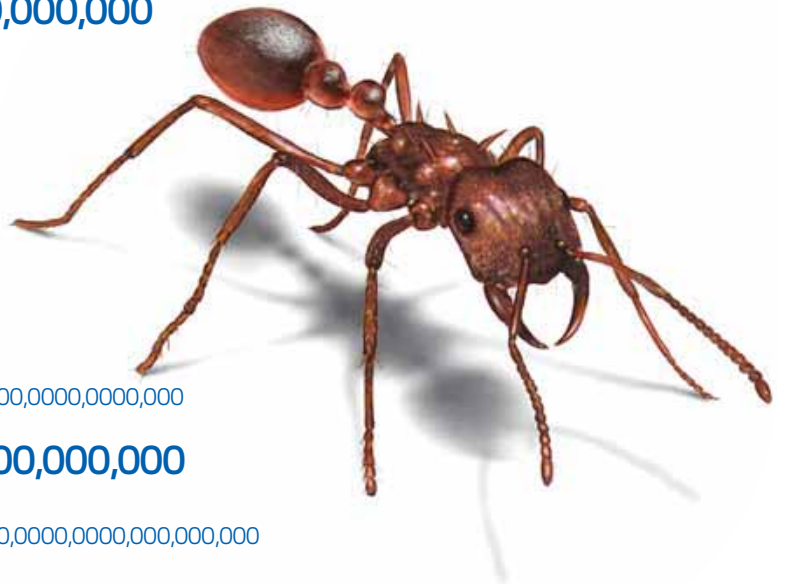
**= 4,000,000,000,000,000,000**

**Number of Ant brain cells on the Planet** Approximately 400,000 x 4,000,000,000,000,000,000

**= 6,000,000,000,000,000,000,000,000**

**Brain mass of standard sized colony** Roughly equivalent to your human brain

**First appeared on Planet Earth** 120,000,000,000



## OTHER INTERESTING ANT FACTS:

Ants are one of the few social insects who have learned to live in co-operative communities, thus generating a Super Brain. In this respect they are the companions of the termites, bees and wasps.

Ants are phenomenally strong - the Atlas' of the insect world. Scaled up to human size an ant would be able to lift a 1 ton car while running a four-minute mile!

While there is only one species of human, there are multiple thousand species of ants.







by Julian Simpole

# A Knight in Spain

This feature is an extract from my report on 18-year-old Magnus Carlsen's victory in the XXIIInd León Rapidplay Masters held in 2009.

For anyone flying to León by Ryanair, Valladolid airport is the first stop. Unfortunately, the airport is about 126 km from León and sited in a vast plain. Having just missed the coach to civilisation I teamed up with another León-bound passenger. We decided not to wait for the next coach and walked the few yards to the main road, where my companion, Indigo Janes of blues guitarist fame, started thumbing for a lift.

We must have made an odd couple, the bare-armed white-haired musician and the more soberly dressed journo standing in a road running through the level patchwork of green and ochre that stretches to the horizon at that point. Yet, within two minutes, a car heading for León pulled up and we were on our way. Laurie Lee might have done this in the thirties, and my new amigo called it a camino experience after the Camino de Santiago, the pilgrim route where magical events take place, happenings beyond reasonable expectation that refresh the soul.

After many miles travelling northwest the distant Asturias mountain range came into view, a natural bastion and a place of refuge for the inhabitants of the region when the Moors advanced after 711 AD. As a result of this barricade, Spain could never be

completely conquered. Thus the new invaders failed to emulate the Romans in this respect. With this in mind we arrived at the old legion centre in good spirits.

León is named after *Legio VII Gemina*, although now the emblematic civic lion can be seen everywhere. Nowadays the city is an important staging post for those walking the ancient pilgrim way to Santiago de Compostella. Yellow painted arrows mark the route through the streets and shiny brass pilgrim scallop shells, their blunt bases pointing the way, are embedded in paving stones and on bridges. Furthermore, in the vicinity of León cathedral the traveller can find inlaid brass footprints, an encouragement and guide for the weary.

This care for the visitor is a manifestation of the pride of place that can be witnessed in any major Spanish town (Bilbao springs to mind), the bronze statue groups in the plazas and clean, tessellated pavements providing further affirmation of this municipal self-esteem. In addition to old world charm León has many developing industries on its outskirts, including one that attempts to exploit the natural resources locked away in the sea.

So, on to the real purpose of my visit.

On the evening of the next day, 4th June, lots were drawn at the Hotel Conde Luna,

and at the ensuing press conference I asked Magnus Carlsen if FIDE should be focusing so much on anti-drugs legislation, or should it be concentrating more on trying to detect and prevent in-game electronic assistance. He replied that drugs-testing was not a problem for him, but that covert computer aid was a serious issue that could only get worse if left unregulated.

Later at dinner I asked Carlsen if Man v Machine matches were now a thing of the past. He said that they would still be viable if the human had some kind of odds advantage (but not material), as with Kramnik having access to his computer opponent's openings book, so that he knew when it had departed from theory. Otherwise, there was no point in staging matches of this kind.

When I put this view to Ruy Mora of the Internet Chess Club he suggested that a computer program's theory function might be eliminated altogether. This is a radical proposal, yet it should be noted that this procedure did not work to human advantage when Chinook had its openings repertoire disabled after taking the draughts world title in 1994. Carlsen's suggestion seems more practical and more potentially entertaining.

As for the phenomenon that is Magnus Carlsen, how can one begin to understand the young star's incredible strength? I spoke with his father Henrik about this during the tournament, and he did his best to explain. Henrik described how the boy had made relatively moderate progress after learning the game at five, but that just before his eighth birthday the extraordinary advance in strength began.

This revealed itself in results and in an exceptional hunger for knowledge about chess. For example, he would rapidly devour books on opening theory in order to use the variations he liked in tournaments.

Eventually Henrik took a year off from his work in the oil industry to conduct his family on a tour of the cultural centres of Europe, which included entering Magnus in various master-standard events on the way. This sabbatical was the fulfilment of a dream for Henrik, a dream made all the more wonderful by his son's incredible progress at the board.

Apart from Henrik himself, two of Magnus's three sisters play chess. One of them, a 15-year-old ballet dancer who has entered the World Youth Chess Championships, is very happy in the company of other chess players. All this provides the Norwegian teenager with a supportive family background on which to rely during the stress of high-level play.

Can prodigies like this be created? I personally believe that one cannot inject genius into an individual, yet if that individual is already blessed with great potential talent then proper nurturing will bring it forth. Henrik Carlsen and his family are to be congratulated for doing just that.

*In 2013 Magnus reached the zenith of his extraordinary early promise by winning the chess World Championship, a title he has defended successfully to this day.*



*artwork by Robert Parsons MBE*



Astronaut Edgar Mitchell

# Over, Around, On, and Beyond the Moon

by Tony Buzan

One of the most earth-shaking meetings in my life to date shifted all the tectonic plates of all my Multiple Intelligences, shifted all my paradigms into light-shifting and thought-shifting realisation of the purpose of my life.

I met the astronaut Edgar Mitchell in 1973, a time in my life when the Mind Map, in embryonic form, was about to be born on the BBC Television Series and in my first 'big' book, *Use Your Head*.

At that time, I was working, as a special consultant and co-author with Terry Dixon, on a book for the one-hour television feature programme *The Evolving Brain*. In California I met Edgar Mitchell, the sixth man to walk on the moon and who had just completed his flight to the Moon, the epic Apollo 14 in January 1971.

On the mission, Edgar spent over nine hours on two moonwalks, the first man to collect with his friend Captain Shepherd more than 94 pounds of rock samples to help us gain intelligence about the history of the evolution of the moon, the solar system and the universe.

My interview with Edgar became much more. A deep and flowing conversation that went on and on, transforming the conversation into the meeting of two new

friends.

Apart from all the accomplishments, the scientific achievements, and the history-making astronaut flights, he told me the story of how his journey to the moon had, in one split-second observation, instantaneously transformed his life from being a top astronaut to being a Universal Visionary.

I will tell the story in Edgar's voice:

'When I was a young boy, born on September 19th 1930 in Hereford, Texas, and grew up in Artesia NM, I became totally fascinated by flight when I watched crop-duster pilots flying biplanes from an airfield near my home. I had dreamed all of my life to be a pilot and to fly. I studied whatever I needed to study in order to realise my dream. I became a Bachelor of Science in Industrial Management from the Carnegie Institute of Technology (now Carnegie Mellon University) in Pittsburgh in 1952. And I joined the navy the next year.

On aircraft carriers I learnt to fly fighter-planes and gained another degree - a Bachelor's Degree in Aeronautics from the naval postgraduate school in 1961. Flying consumed my life and passion and I completed my Doctorate in Aeronautics and Astronautics from the Massachusetts Institute of Technology in 1964. I graduated



"When I was a young boy, born on September 19th 1930 in Hereford, Texas, and grew up in Artesia NM, I became totally fascinated when I watched crop duster pilots flying biplanes from an airfield near my home. I had dreamed all my life to be a pilot and to fly."

from the Test Pilot School and transformed my dream from flying in aeroplanes to fly in space, joining the Astronaut Corps in April 1966.

On my first trip to the moon, everyone thought I would be frightened at the beginning of the Apollo launch as soon as the rockets were ignited. This was not the case. As you know, I had studied everything about this and in our preparation for the Apollo flights we had completed months of virtual training travelling from the earth to the moon, circumnavigating, turning around, and flying back. I had rehearsed, as had the other astronaut companions and friends, absolutely everything that was going to take place.

So when we climbed onto the spaceship, it was the same as if we'd done so many hundreds of times so we were 'used to it'. When we approached the moon, we had become accustomed to what the universe looked like from the spaceship, and we knew what the moon would look like, beautiful and mountainous as it was and still is. We were prepared for travelling around the back of the moon, the 'Dark Side of the Moon'. We knew that as soon as we entered the Dark Side, communications would be cut off and we would drift in space for about an hour - the first time we all had been disconnected from the earth - and then we would emerge and once again be able to see the world. We have been prepared for that 'disconnected' hour.

As I was drifting in blackness I began to think about my home and about my pretty street in which I lived with my wife and children, and I began to reminisce and explore all the wonderful and magical times of being alive and happy and living in a lovely town. The more I thought of it, the more my imagination expanded, such that the entire surface of the Dark Side of



Astronaut Edgar Mitchell

the Moon was filled with the images projected from my mind. The screen had on it only the universe of me, my family and my picturesque town.

The more I thought about it, the more time warped, and it seemed as if I had been floating for hours. Time had expanded.

As the internal number of hours had grown, there was a tiny frisson of fear that perhaps we were trapped at an apogee point and might never ever see the world again !

After this expanded hour, my projected screen was wiped out, because in a fraction of a second, we had emerged from the Dark Side of the Moon and could now see our world. My family town memory had been the size of the universe.

In front of my eyes there was a tiny blue pearl, embraced by a silver circle. It was so small that it was as if I could reach out and flick it like a tiny marble, ricocheting into the vastness of space and simply disappear.

In that microsecond my life changed.

When Mitchell told me that, with the flick of his finger, he changed 'my life' in the way that his microsecond (now ours !) changed his life.

During the time of both completing the one-hour documentary *The Enchanted Loom* and its accompanying book, *The Evolving Brain*, I interviewed extensively Edgar. What follows is the gold-dust of Edgar's responses to questions that indicated that many people thought he was crazy because he was so far in advance of his time. Even now, in this current issue of *Synapsia*, many of Edgar's impactful observations and profound and Intelligent perceptions still seem to be ahead of his time. What a Genius Edgar became. One of the many things he said applies particularly to our Now: 'Above all, I felt the need for a radical change in our culture. I knew we were replete with untapped, intuitive and psychic forces, which we must utilise if we were to survive, forces that Western society had programmed us to disregard'.

Please follow, learn from, and enjoy what

Edgar has said back in 1973 and that will reverberate throughout the history of our Human Society.

Now I think we're equipped perhaps to start doing the type of enquiry that we'd like to into the nature of man and the nature of consciousness.

## QUESTION:

What do you think of some of the new tools which are now available to us for researching Intelligence?

## MITCHELL:

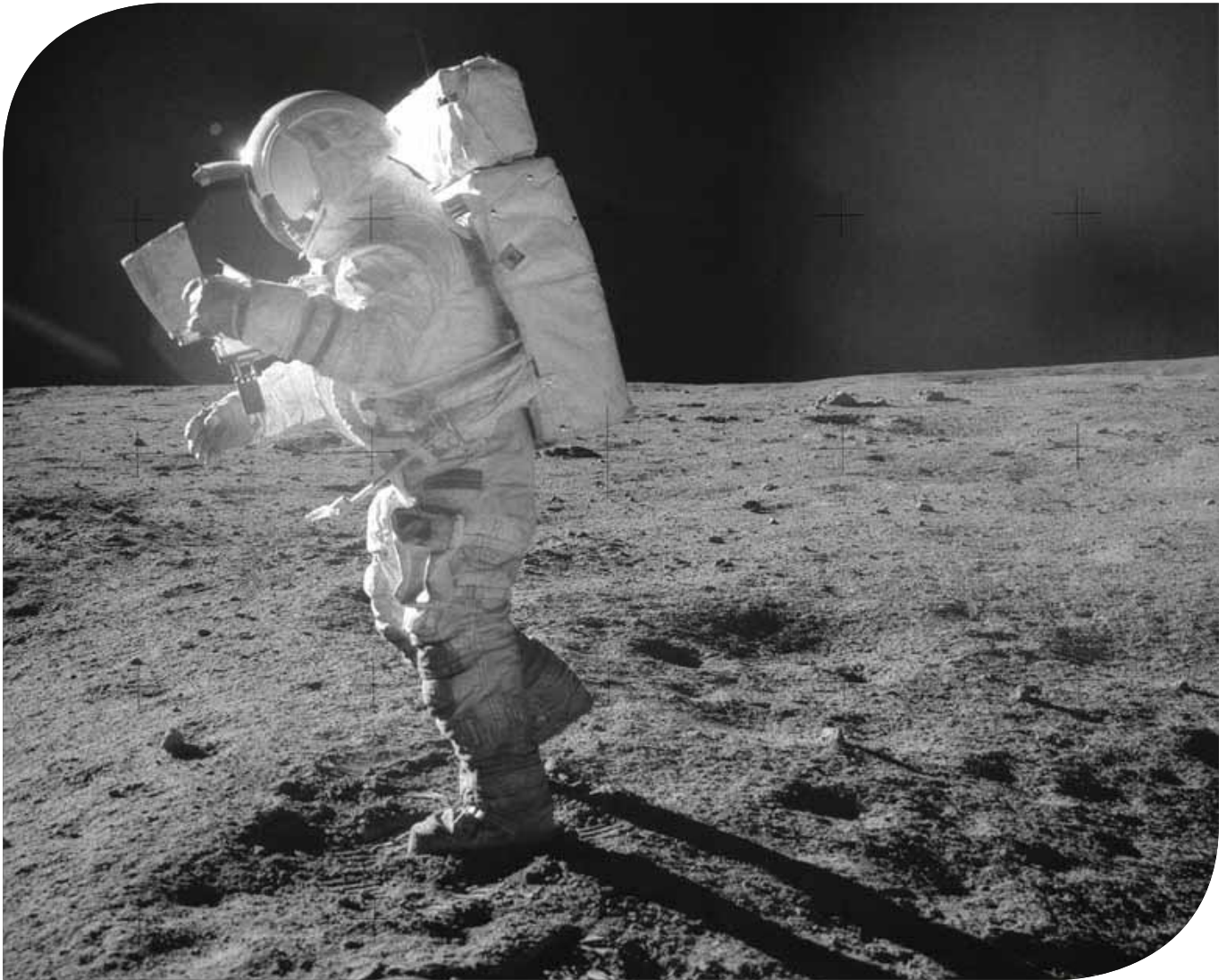
The most promising ones that I see on the horizon are those involving biofeedback instrumentation. Certain studies by, for example, Dr Green, Dr Ornstein, Dr Shapiro and their associates are suggesting to us that if the individual has a measure of his physiological state whether it be by brainwaves, heart-rate, blood pressure or whatever, by process of mind he is able to modify that beyond the normal limits. So I would suggest that this is a very important tool. Furthermore advanced technology, computers and all the advances in medical machinery are extending our abilities to get, as it were, on the inside in neurophysiological studies. To get inside the brain is very important; by this I mean being able to study brainwaves in great detail and so on. These are the sorts of developments that I think have a great deal of bearing on this new study of consciousness.

## QUESTION:

I know that you are studying as many aspects of consciousness as you possibly can, but I know that you do in fact have specific views yourself about what consciousness is; could you describe them to me?

## MITCHELL:

First I think I must state where science currently is. I think the prevailing view certainly in psychology and in much of medicine is that consciousness results from the sophisticated computer we call the brain - in other words that it is a property of the brain. Many of the people studying this field now, however, are suggesting that this may not be the case, but that consciousness



Astronaut Edgar Mitchell

may be a totally independent quantity, equally important to the brain. In other words we don't have to think of the mind as being the same thing as the brain just as we don't have to think of consciousness as being the same thing again. Obviously they are certainly interrelated and inter-meshed in a way we don't yet understand. The way I sum it up is to say that in simple terms consciousness exists and our brain is a terminal which enables us to tap into it. The very interesting, although controversial, work of Cleve Backster and his plants, which suggests that consciousness in some sense of knowing or awareness permeates down to the plant level and even perhaps down to the cellular level, is very important. Work like this is leading us to believe that these properties of consciousness or awareness are not uniquely properties of the

sophisticated brain such as we humans have.

### QUESTION:

So your view is then that consciousness and Intelligence somehow permeates everything, but what is its source?

### MITCHELL:

I wish we could say what its source is. But taking a working hypothesis that consciousness tends to permeate everything the next logical step would be to suggest that there is a field of consciousness that permeates the entire Universe. Field theory is popular these days in science so let us use that idea to suggest that there is a consciousness field that permeates the Universe in some way which we simply don't yet understand, and use that as a working hypothesis to start with. In this theory humans and all living systems would represent a local coalescence of a consciousness field in some sense.

### QUESTION:

You don't think that this field of consciousness is limited to our own planet. How much did your own experience in space affect your view?



## MITCHELL:

Let me preface my remarks by saying that even without any concern for consciousness or the nature of consciousness, I think that most scientists working in any field concerned with space or extra-terrestrial research are very well committed to the idea that there must be other intelligence in our galaxy and certainly throughout the universe. This view is supported by statistical probability if nothing else. The likelihood of this being a totally unique and the only inhabited planet is almost ridiculous from a statistical point of view. Now with that preface, my own view from space of the planet generated several ideas. It gave me a whole new perspective of the significance and lack of significance of the planet. When you see this little ball of mud floating so tiny and so fragile in the universe, you recognise that it is essentially insignificant in the cosmic scheme of things. It could disappear from the universe and the universe would go right on functioning. But you recognise also that it is uniquely the birth place and home of homo sapiens-our own species-and in that sense it is very unique. It is our home.

### The Earth Is Like A Spaceship

Beyond that you start to recognise that Buckminster Fuller's idea that earth is like a spaceship is a very valid concept. Having travelled in spacecraft and knowing their problems one can immediately see the relevance of this analogy with the little planet earth with its finite amount of resources, its ability to sustain a very finite population, its need to be careful about environmental pollution.

We have reached a stage of population, technology and sophistication in our world society where we have to start taking cognizance of the fact that our population is too big for us to sustain indefinitely at the levels of affluence we would like. Furthermore, because of our technological expertise we're ever more rapidly dwindling our sources of natural material, raw materials. The energy crisis, I believe, must surely be the beginning of a more general

recognition of the shortage of resources on the planet. These are the sorts of things that came home very strongly to me as I looked at the planet from lunar distances. It is impossible not to feel a deep concern and a realisation that the problems we experience are man-made, and that man having caused these problems should certainly be able to correct them.

## QUESTION:

But why does man have to solve his problems by looking inwards into himself as it were; why can't he solve them by the normal problem-solving methods that have been used for, say, the last three hundred years?

## MITCHELL:

I think we can't solve them in the traditional ways because the traditional ways have traditionally failed us. Of all the problems that we have solved, we have never yet solved the problem of getting people working together harmoniously, as brothers. Let me put it this way, as I looked back from space I became very acutely aware - as some of our experiments are now showing-that there is a consciousness, a purpose, a divine force permeating the entire universe. We human beings seem to be in large measure oblivious to that.

I think that our history has shown that the way we have thought and done business in the past will not suffice for the future. We need a new look at ourselves. Perhaps the research into the nature of consciousness, into the fundamental nature of man, using the tools of modern technology and many of the ideas that come out of the ancient past and all our religious and philosophic traditions, can be brought together in a way that will provide us with a new understanding of ourselves.

## QUESTION:

I know you feel that the power of a lot of minds working together, so to speak, has a force for the good. You quote an example of that from one of the Apollo flights, can you describe it to me?

## MITCHELL:

Yes, you are referring to the Apollo 13 flight,



Apollo 14 astronauts

in which the crew faced an ultimate disaster. I think it is interesting to point out that this particular mishap was one that had never been planned for. We had not trained for it because it seemed so catastrophic that most people felt: why train for certain death when there is no way to cope with that problem?

### QUESTION:

What was the problem?

### MITCHELL:

The problem was the explosion of a hydrogen tank and an oxygen tank back in the service module of the command ship. Of course, when it happened, the entire team rose to the occasion and took the immediate steps necessary to save life. By applying all of their techniques and all of their knowledge the team eventually got into a situation where we thought we might just be able to get the crew back. Now without in any way suggesting that the technological expertise was not a determining factor, I will also say that I am sure that the goodwill, the love, the hope, the prayers of people around the world contributed immensely to the well-being of that crew and their safe return to earth. From my own experimental work and from the work of many colleagues I no longer have any doubts about the power of such positive thought processes. They do affect living systems and they do affect the environment and whether we could ever prove it on such a grand scale I don't know, but in my own mind I am very convinced of it.

### QUESTION:

But if we look forward a few hundred years instead of back, what significance do you think such work will have for human potential and man's possible organisation of himself in the future?

### MITCHELL:

To me that's the beginning of it. I don't know what sort of governmental institution will evolve but I'm reasonably confident that if we can get individuals through an expansion of awareness, through understanding of consciousness, to reach out to mankind and to the planet as a whole, then the sort of institutional forms necessary to govern that sort of society will evolve naturally and it's very hard to predict what they might be.

Edgar Mitchell has worked with researchers at SRI and this notable think-tank's Center for the Study of Social Policy recently devoted a great deal of resources to the production of a 347-page report called *Changing Images of Man*. The report seeks to put a new historical perspective on Man's view of himself on the assumption that there is an urgent need to modify that view to cope with this changing world in which we find ourselves. This is how they summarised their findings:

Images of humankind which are dominant in a culture are of fundamental importance because they underlie



the ways in which the society shapes its institutions, educates its young, and goes about whatever it perceives its business to be. Changes in these images are of particular importance at the present time because our industrial society may be on the threshold of a transformation as profound as that which came to Europe when the Medieval Age gave way to the rise of science and the Industrial Revolution.

The recent industrial-state era can be typified by a number of almost certainly obsolescent premises, such the progress is synonymous with economic growth and increasing consumption.

That mankind is separate from nature, and that it is the human destiny to conquer nature.

That economic efficiency and scientific reductionism are the most trustworthy approaches to the fulfillment of the goals of humanity.

Such premises were very appropriate for the transition from a world made up of low-technology agrarian endeavours and city-states to one dominated by high-technology nation-states; they helped to provide a seemingly ideal way to increase man's standard of living and to bring the problems of physical survival under control.

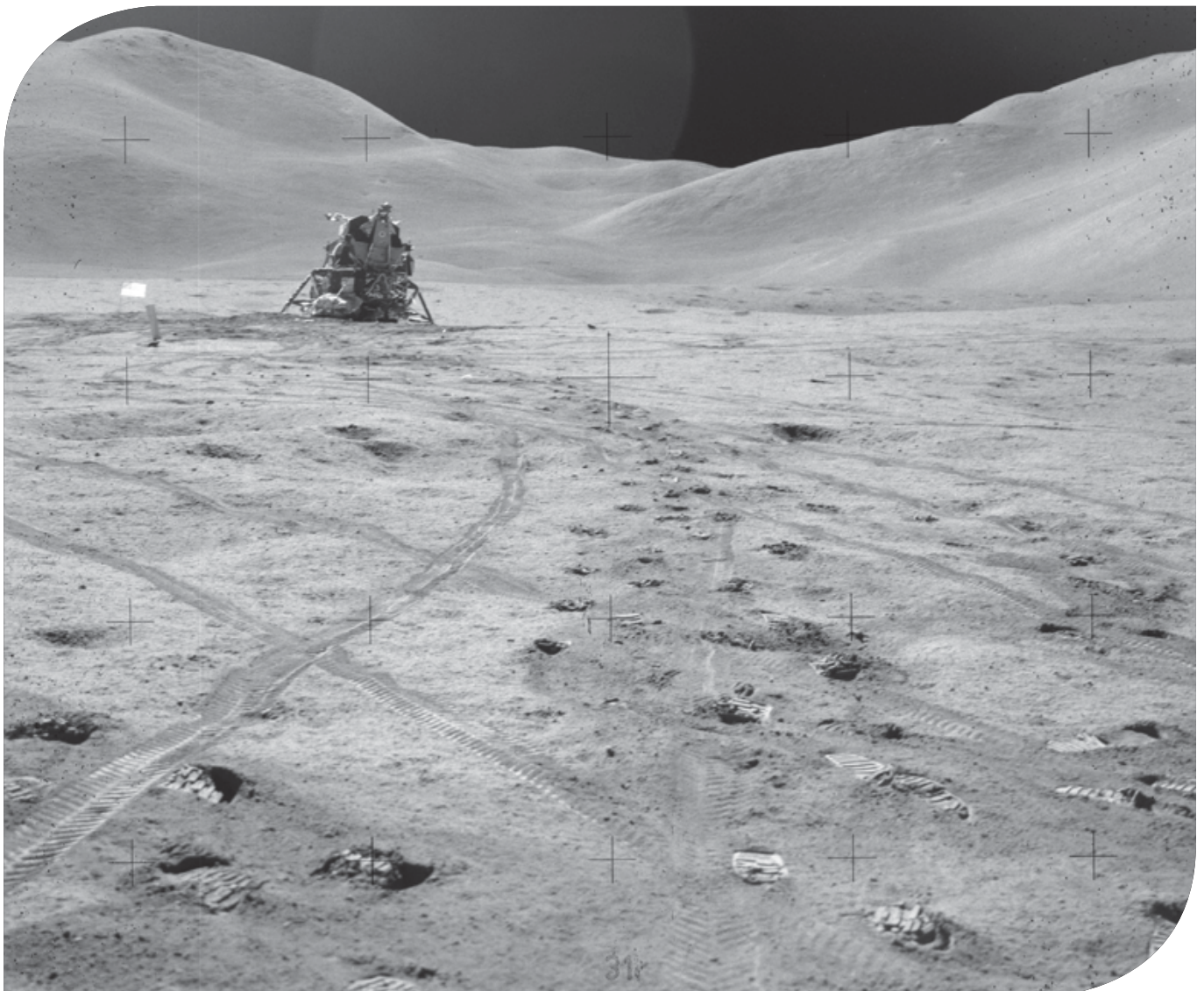
But their successful realisation has resulted in an interconnected set of urgent social problems which likely cannot be resolved through continued use of those premises; they now appear to be ill-suited for the further transition to a planetary society that would distribute its affluence equitably, regulate itself humanely, and embody appropriate images for the further future.

### **The Cycle of Transformation**



In contrast to such 'technological extrapolationist' future, we envisage an 'evolutionary transformation' for society as a more hopeful possibility. Characteristics needed in an adequate image of mankind for the post-industrial future are derived by noting the direction in which premises underlying the industrial present would have to change in order to bring about a more 'workable' society; by examining the ways in which images of humankind have shaped societies in the past; and by observing some significant new directions in scientific research. A future image of man meeting these conditions would:

1. Entail an ecological ethic, emphasising the total community of life-in-nature and the oneness of the human race.





2. Entail a self-realisation ethic, placing the highest value on development of selfhood and declaring that an appropriate function of all social institutions is the fostering of human development.

3. Be multi-levelled, multi-faceted and integrative, suiting various culture and personality types.

4. Involve balancing and co-ordination of satisfactions along many dimensions rather than maximising concerns along one narrowly defined dimension (eg economic).

5. Convey a holistic sense of perspective or understanding of life.

6. Be experimental, open-ended, and evolutionary.

The framework demonstrates that it is at least conceptually feasible to fulfill these characteristics. Further, specific steps can feasibly be undertaken through which the fulfillment of the needed characteristics might be stimulated.

By comparing the conclusions drawn by investigators in such fields as mythology, anthropology, history of science, psychotherapy and creativity, a number of stages in a seemingly universal 'cycle of transformation' can be presented to help formulate the appropriate next steps.

And by comparing the conditions of the present era with the era in which the sciences of the 'external' world were born and applied, it is concluded that a 'new Copernican revolution' may be at hand in which the birth of a new science of the 'internal' world-of consciousness and appreciation of ecological systems- is now feasible. If its development integrates appropriate methods from the arts and the humanities, it could help mankind to discover the imagery and actions necessary to raise its level of consciousness. Humanity might hereby take a next step in its evolution and hence be able to resolve many of the urgent problems of society which currently seem out of control.

While actions and policies in keeping with the 'technological extrapolationist' image would involve no great wrenching in the near term, they could lead to catastrophe or 'friendly fascism' in the longer term. Actions and policies in keeping with an 'evolutionary transformationalist' image, on the other hand, might increase the level of seeming disorder and chaos during a transition period in the near term but later lead to a more desirable society. While the choice is not necessarily one that our society as a whole will or should make consciously and deliberately at this time, it is one that confronts each individual who is willing to accept responsibility for

the future-rather than simply adapt to whatever the future may bring.

Winston Churchill said: 'We shape our buildings and then our "buildings" shape us'. Similarly, but in a larger and more pervasive sense, we are being irrevocably shaped by our unprecedented urban-industrial environment which is premised upon images of humankind whose historical origins are far removed from contemporary reality.

The decision to suppress image change or to allow social transformation confronts us with an important 'branch point' {ed. A laser-like awareness of Edgar's awareness of the nature of Radiant Thinking and of the dendrites (branches) of the expression of Radiant Thinking: The Mind Map!} in our history. The consequences of our decisions in the next few decades will endure long into the future.

Human beings can become adapted to almost anything and since our physical and psychological endowments give us a wide range of adaptive personalities, it is crucial to distinguish between those images that foster a short term tolerable living environment and those that foster a long term desirable living environment. The dynamic character of adaptability is illustrated by a laboratory demonstration in

which a frog was placed in a beaker of boiling water and immediately jumped out; when the frog was placed in a beaker of cold water that was slowly warmed to boiling temperature, however, the temperature change was gradual and the frog adapted in increments, making no attempt to escape, until he finally died. Analogously, the mere fact that a society can generate an image of the human and, for a term, adapt to it does not necessarily ensure that it would be a desirable thing to do. We can make errors and inadvertently accept images which may prove lethal both to our existence as beings seeking to unfold our potentials, and to our physical existence as an evolving species. Given our capacity to adapt-even to the point of virtual self-destruction - it is difficult to know whether or not we have already gone too far with our industrial images. Given the apparent momentum of the industrial dynamic, it is difficult to know whether we could turn back even if it seemed we had gone too far.

Nonetheless, we are still confronted with the existential choice: '... in matters of life ... it does not matter whether the chance for cure is 50% or 5%. Life is precarious and unpredictable, and the only way to live is to make every effort to save it as long as there is a possibility of doing so' (Erich Fromm). We can involve ourselves in the recreative self and social discovery of an image of humankind appropriate for our future, with attendant social and personal consequences.

Edgar Mitchell was born on September 19th 1930 in Hereford, Texas, and grew up in Artesia NM. Edgar died on Thursday 4th February 2016 in West Palm Beach, Florida, at the age of 85. The date of his death was one day before the forty-fifth anniversary of his Moon-Landing.

What a full and historical life he lived. Edgar gave many gifts to the world. He will receive, from the Brain Trust Charity, a posthumous award: The Lifetime Achievement Brain of the Year. This Award will be proclaimed on April 16th at The Royal Automobile Club, London, presented by Professor Tony Buzan, and Raymond Keene OBE.





# Social Change Maker (Part II)

Nkandu Beltz talks with Tony Buzan



Nkandu Beltz

I have been very fortunate to learn from a few good teachers around the world how to have a balance between who I am and the world around me and also to realize that the education system alone is not enough in developing surroundings that we can thrive in. So if you look at, for example, human development, for somebody to unleash their potential to flourish, we not only look at the knowledge we have but also outside factors. For example, I talk about the seven areas of life, that we need to have a balance of life, so we have:

1. the emotional, we need to be emotionally intelligent,
2. the physical,
3. the spiritual,
4. the social,
5. the educational
6. the family
7. the sexuality, femininity

We need to tap in to all those areas to understand what they are and who we want to be. When it comes to intelligence, that is a very vast and broad area.

I would say it is just having that curiosity to learn for the best people in their field... just being curious, what are the possibilities. It helps you to expand, help you to explore just like we had explorers. I was a young social pioneer, trying to

explore different ways two best improve our community, And the lives of youth in particular. At the moment one thing I am passionate about is youth. More than 60% of our population is Young people so to explore different ways of making this place a better place to live in. I am trying to work out what works and what doesn't, what has worked in other places and what hasn't.

For us to change our thinking and to change our perception it has to start with the thinking, the way we think, we need to understand what the brain is capable of doing and the possibilities are endless. So I want people to know that they have so much power within themselves to make a difference. To make a difference to themselves and the people around them. We're changing the narrative, we're changing the thinking, we are changing the victim mentality. You are not defined by your circumstances, what has happening to you, if you change your thinking patterns and you actually understand that the machine you have inside of you has so much capability there is so much more that you can do.

My vision of the planet and its future is to live in a world that is balanced, because I cannot say we will be singing, Kum-baya my Lord, joining hands and understanding each other.

That is an illusion. I would like to see that happen. The reason why the world is in the stage it is right now is because people have different values the system has totally changed. My values are different to my sister's values, to my mother, and to my father. We all have a hierarchy of values which the ancient Greek Telos. If we can find a way of having similar values, then we will live in a very happy environment. We need to understand that does that is different but to respect other people's values.

The main subject for schools in the future will be a lot about the environment but also understanding to human potential, the mind and its potential. The perception of happiness. Technology is also something we will have to explore.

Learning, memory, reading, and studying we'll be and has to be part of the curriculum, it is a necessity because if we can put those subjects in and make this upcoming generation really understand and grasp that, imagine what the world would look like. The possibilities are endless, it will flourish. We have disempowered a lot of young people, so many broken adults. We can try and change that, nourish and help our our children to flourish, fixing actual problems.

I can see myself using the Butterfly Metaphor, I can definitely identify all the stages from a very young age, even though I hate this protection around me, I also had a lot of resistance from the community around me then you get into the third stage while you are trying to break out, it is really hard if you're not ready, you crash. You build a thick skin. I love this saying from my sister in law:

"You are African and you are a woman, you cannot break you can only bend"

And I think that is the same with the butterfly metaphor, when you are at a certain stage you cannot break it, you can flourish on your own and then you

can go out there and you're flying and your flourishing adding beauty to this world. I can identify myself as a butterfly project.

When I was very young there was a poisoning incident. The motives of this incident is still not clear, I think my parents thought I had lost my life. I was about 10 or 11 years old. The incident is still quite vague. When my parents took me to the hospital, my body was swelling up. The motives for the poisoning was not clear, possibly out of jealousy or it was because of disrupting what is known as the traditions, so that was very hard especially for my mother. With the Zambian tradition a girl is supposed to be seen not heard. I've disrupted that with the help of my father because he was the one that taught me to be so outspoken and he would tell me not to take no for an answer, or to bend because I have to do all because I am a girl. He taught me really strong values. He is quite stubborn and I am quite stubborn to, so I think that's where it comes from. After a couple of hours my parents were told there was no hope, and that I was going to die, but because my mother strongly believed that there was more that could be done they took me to Katate where my grandmother lived, so my grandmother went to see some visiting specialists. The specialist was meant to fly out of Katate in the evening. She asked him to come and see me and he stayed for a very long time until I got better. So in a way, because there is that belief in people who believe in you, that human nature and human spirit is very beautiful. If somebody believes in you it makes a huge difference.

Another time I was attacked at knife-point, because I had written a story about a girl who was raped, one of the girls that I had gone to school with, was raped by two of her neighbours and they didn't like that so they threatened to kill me. Luckily I was saved by my friend who phoned me and asked me what was going on. I pretended I was

talking to a detective, so they let me go. They kicked me and other things like that, so I was very bruised and went home where my dad called the police immediately. They didn't get arrested but they did go to jail for the rape of the girl who I wrote about. It had installed fear in me and I was not sure if I wanted to continue as a journalist or should I get a regular job, but my passion being helping other people and to find a way I could use my voice and talk about things that happened in our community, in a way that was not restricting. I became an independent person. I just wrote books and blogs and just talk about things. Talk to the governments and youth organisations and see what we can do as a collective.

By joining with those intelligences then we actually work much much better.



Nkandu Beltz and Professor Tony Buzan

## Brain of the Year Award - Criteria

This prestigious award is made to recognise superlative mental achievements.

For over a decade this award has not only honoured some highly talented individuals but helped to raise the profile of the Brain Trust and to create greater awareness of the potential for mental achievements that lies within us all.

To qualify for consideration for this award an individual will need to satisfy the Awards Committee that they satisfy the following criteria.

1. The candidates must be pre-eminent in their field
2. The candidates must have made a major new contribution to their field in the preceding year.
3. The candidates must have contributed major new creative developments to their field of endeavour.
4. The candidates must have made a notable effort to educate others in their chosen discipline.
5. The candidates must have integrated the principle of *Mens sana in corpore sano* (a healthy mind in a healthy body) in their lives.
6. The candidates must have exhibited persistence and stamina over time.
7. The candidates must have demonstrated a general cultural awareness.
8. The candidates must have demonstrably contributed to society.
9. The candidates must have demonstrated a concern for humanity.
10. The candidates must be active and known on a global level.
11. The candidates must be outstanding role models for those in their fields and for youth in general.



Past Brain of the Year winners at the 2015 awards

Left: Professor Michael Crawford, Dr Manahel Thabet, Lorraine Gill, Dominic O'Brien (rear) and Professor Tony Buzan.



## Brain of the Year Award – Nominees

**N**ominations are now closed for the Brain Trust office for the 2016 ‘Brain of the Year’ award, currently held by Dr Manahel Thabet RGCCWS. The annual award culminates in an award ceremony. In 2016, the award ceremony will be held at the Royal Automobile Club, Pall Mall, London on the 16th of April. The nominations are:

Sir David Attenborough  
 Jane Goodall,  
 Dr. Mark Johnson (Imperial College) nobel candidate,  
 Dr. Michael Johnson (Imperial College) nobel candidate,  
 Alex Mullen, World Memory Champion,  
 Sheryl Sandberg, Human Rights Advocate,  
 Magnus Carlsen, World Chess Champion,  
 Victoria Pendleton, Olympic Gold Medalist & Polymath,  
 Frank Duke, founded ‘Search for Extra Terrestrial Intelligence’,  
 Mr Singh, a 100 Year old who ran the marathon  
 Roger Federer World Number 1 Tennis Player over an extended period,  
 Demis Hassabis, UK scientist behind AlphaGo.

## Past Brain of the Year Award Recipients

**Edward de Bono** – Regarded as one of the leading authorities in the world in the field of creative thinking and the direct teaching of thinking as a skill – Malta.

**Chionofuji** – Sumo grand champion who used brain rather than brawn to triumph – Japan

**Professor Michael A Crawford** – for his contribution to improving mental health by better nutrition – UK

**Leif Edvinsson** – Educator and author of the book Intellectual Capital – Sweden

**Wang Feng** – History student at Wuhan University, achieved the highest ever score in a World Memory Championship – China

**Michael Gelb** – Author of ‘How to Think Like Leonardo Da Vinci’, and many other best selling books on developing mind and body. Internationally renowned as a teacher of the Alexander Technique, the martial art of Aikido and as a professional juggler. See <http://michaelgelb.com/> – USA

**John Glenn** – Pioneering astronaut, US Senator, athlete and fighter pilot.

**Professor Stephen Hawking** – Astro Physicist Extraordinaire and holder of Sir Isaac Newton’s Professorship at Cambridge – UK

**Ted Hughes** – Poet Laureate – UK

**Lana Israel** – Rhodes Scholar, teenage polymath and world promoter of the ideal of Mental Literacy – USA/South Africa

**Prince Mohsin Ali Khan of Hyderabad** – for his lifelong commitment to charity, world peace and understanding – India

**Garry Kasparov** – World chess champion (highest rated player of all time), linguist, athlete and campaigner for improved global education – Russia

**Dominic O’Brien** – Eight times World Memory Champion – UK

**Sir Steve Redgrave** – Five times Olympic Gold Medalist in rowing and proponent and living example of the belief that brain power can be the determinant for success in an ostensibly physical activity – UK

**Gene Roddenberry** – Engineer, philanthropist, the originator of and mastermind behind Star Trek – USA

**Dr Marion Tinsley** – Legendary mind sports champion and the first human ever to win an official thinking sport world championship against a computer – USA

**Lorraine Gill** – Artist

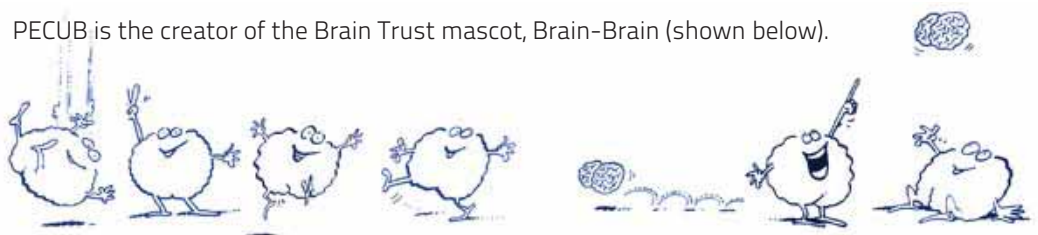
## PECUB



## Brains for Sale

Thank you PECUB for your wonderful cartoons that have graced the pages of Synapsia for over a decade.

PECUB is the creator of the Brain Trust mascot, Brain-Brain (shown below).



In the spirit of the fun and entertainment these cartoons bring us, we have decided to play,

## 'Where's Brain-Brain?'

(not on THIS page nor the Title Page)

In this issue, and all to follow, we will hide Brain-Brain in plain sight, just like *Where's Wally*.

See if you can find Brain-Brain. The location of Brain-Brain will be disclosed in the next issue of Synapsia, published on the 21st of June 2016.

Let the hunt begin !

## Crossword Puzzle: Answers



### Across

1. Clear, of mind [LUCID]
5. The - peninsula contains Greece, Albania, etc [BALKAN]
9. The quality of being guided by sudden unpredictable impulses [CAPRICIOUSNESS]
10. Cockcrow time [DAWN]
13. Consider calmly [CONTEMPLATE]
17. Chill, take it easy [RELAX]
19. To coast along a runway [TAXI]
22. Japanese paper art [ORIGAMI]
23. Period of 366 days [LEAPYEAR]
24. Amazonian ecosystem [RAINFOREST]
25. Small device or cartoon inspector [GADGET]
26. A great disaster [CATASTROPHE]
27. Closing section of play or book [EPILOG]

### Down

2. Not sincere or candid [DEVIOUS]
3. Heiress [INHERITRIX]
4. Support, Strengthen [BOLSTER]
5. Really mad [BOILING]
6. Famous Paris art gallery [LOUVRE]
7. Make unpredictable [RANDOMISE]
8. Wealthy business leader [MAGNATE]
11. Five cents [NICKEL]
12. First, opening [INAUGURAL]
14. Building designer [ARCHITECT]
15. Gracefully refined [ELEGANT]
16. Receive by succession [INHERIT]
18. Set apart as sacred [HALLOWED]
20. Assess the value [APPRAISE]
21. National airline of Australia [QANTAS]