

## *Reflection: Beautiful Brain*

*16th March 2016*

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As I close my eyes and drift away to a land where there is love, health, peace and blessings. I wanted to take the time to think and reflect. The truth is that I was taking the time to think about this idea of stress. What is stress? Where does it come from? What is the point of stress anyway? When I take the time to think about stress, I think of it as a sticky piece of chewing gum. It decides to stick to the body. It is unwanted, yet its presence desires a recognition. We try to take this gum off our clothing, it comes off, but the remnants remain for a while.

This is the thing about stress, it cannot be seen, only felt. As the gum, its presence unwanted, but it desires our recognition. Stress manifests itself within the body. Sometimes its presence can be felt at the physical level. As a student I have felt, and heard the yearnings of my fellow students, who have felt the pains, the emotional trauma associated with stress, especially during the mounting pressure of exam time. It is not only about exams or university life, sometimes it's an accumulation of everything. This is also a time of uncertainty for students who are thinking about their next steps.

The pain on my left side kept getting worse, they wanted to make sure that I wasn't heading for a stroke. So I found myself in the ambulance, Saturday morning. Heading my way to the hospital. The paramedics told me that I will be seeing a neurologist. I was grateful. As much as it was a scary time for me, picturing the unknown. I knew it was because of the fact that I have been feeling overwhelmed. This experience alerted me of the need to take care of my health more. So I have committed to myself, to be more diligent about my health.

After undertaking the neurological examination, I heard the recommendations and was glad that I was not in the danger zone for stroke. A CT (computerized tomography) scan was recommended. I immediately said that I did not want to have a CT scan. I then reflected upon my response. I began to feel so very thankful for my studies and learning. Because of my knowledge of brain imaging technologies I was able to make an informed decision. A CT scan is only recommended once a year. This is because of the harmful radiations that the body will be exposed to. FMRI (Functional Magnetic Resonance Technologies) and MRI (Magnetic Resonance Imaging) are technologies that allow us to see inside

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the brain. These technologies are non - invasive, and do not involve harmful radiation. I find it fascinating that we can see inside of the brain with such colourful detail.

Even though these technologies have evolved it does not mean that we should just stay there, and accept them as they are, there is always room for continuous improvement. For example: the FMRI measures the oxygen levels in the cerebral fluid. Then I'm thinking about blood and glucosamine. These are also present in this fluid. Blood and glucosamine are not measured during the FMRI, only oxygen levels are. There is an opportunity for investigation here. We could observe these fluids. How could these brain fluids also be measured and included in the FMRI? Is there a potential for this? Are these brain fluids also influencing our brains activity?

As I take the time to reflect upon my questions, I think back to my health experience. I am grateful I did not have a stroke. I owe it to myself to be more diligent to the self. In all the years of my academic career, I find myself to be dropping out of a course, falling behind in my readings. I hope that my graduation is also not postponed. I write these thoughts not to gain any type of sympathy but with the hope that my readers, will reach out when they are feeling overwhelmed. So that they also don't face the repercussions. We all have dreams, desires, and hopes for the betterment of a society, but the truth is that these begin with the self. As I heal, I continue to dream with a simple hope, to contribute, to heal our humanity. To live a life to serve. I desire no being to feel these simple pains.

My thoughts to simply to invite, to inspire, with love and kindness.

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### Quotes:

*Our human brain is a beautiful flower, water with love,  
water with kindness. - Shazia*

*In all instances search for the positive. - Shazia*

Notes: These thoughts were originally hand - written on March 14th, 2016 at the doctors waiting area.