Memories

**Each of us is the accumulation of our memories. *(Alan Loy McGinnis, in The Romance Factor)***

**The popularity of video cameras arises from a simple misunderstanding. Somehow people have the idea that they won’t mind being old if they can turn on the TV and see what they were like when they were young. This is not true. The best memories are ones that have been allowed to evolve unhindered by documentary proof. I often cheer myself up by thinking back on my days as a football star. These recollections would be less thrilling if they were accompanied by a video showing that I weighed 80 pounds and spent most of my time on the bench. Memory is better than a video, because it’s free and it doesn’t work very well. *(David Owen, in Atlantic Monthly)***

**As Dennis looks through a photo book of his parents, he says to his friend: “This brings back memories I never had.” *(Hank Ketcham, in Dennis the Menace comic strip)***

**Our memories are card indexes – consulted, and then put back in disorder, by authorities whom we do not control. *(Cyril Connelly, in The Unquiet Grave)***

**Some memories are realities, and are better than anything that can ever happen to one again. *(Willa Cather)***

**The best moments of childhood – the memories that stay with you into adulthood – are ones where your parents aren’t there. They are moments you experienced truly for yourself. In Homesick and Happy, author Michael Thompson writes about a study where people were asked about their happiest childhood memory; more than 80 percent name a parent-free moment. So, as a parent you should want to push your kids out of your space to where they can rack up these 80 percent experiences – to explore, take risks, and try new identities. We are not invited, which is a paper-cut echo of the truth at the heart of parenting: You’re doing it best when you’re teaching them to leave you.” *(John Dickerson, in Slate.com, as it appeared in The Week magazine, August 2, 2013)***

**You can close your eyes to reality but not to memories. *(Stanislaw J. Lec, Polish author)***

**Until the 1980s, most researchers assumed that we retained no memories of early childhood because we created no memories -- that events took place and passed without leaving a lasting imprint on our brains. Then in 1987, a study by the Emory University psychologist Robyn Fivush and her colleagues dispelled that misconception for good, showing that children who were just 2 1/2 years old could describe events from as far as six months into their past. *(Kristin Ohlson, in Aeon magazine, as it appeared in The Week magazine, December 31, 2014)***

**God gave us our memories so that we might have roses in December. *(James M. Barrie)***

**We all have our “good old days” tucked away into our hearts, and we return to them in daydreams like cats to favorite armchairs. *(Brian Carter, in Where The Dream Begins)***

**Have old memories but young hopes. *(Bits & Pieces)***

**While visiting with a friend over coffee one morning, a young woman complained, “Every time my husband and I get into an argument, he gets historical!” The friend interrupted, “Don’t you mean hysterical?” “No, I mean historical,” the lady replied. “He always brings up the past.” *(Glenn Van Ekeren, in The Speaker’s Sourcebook, p. 161)***

**Credit “Anonymous” for this one: “Help a man when he’s in trouble and he’ll remember you when he’s in trouble again.” *(L. M. Boyd)***

**How to lock in memories: Simply shutting your eyes and relaxing after learning something new may be the best way to remember it, LiveScience.com reports. Researchers at the University of Edinburgh asked a group of healthy volunteers between the ages of 60 and 90 to listen to stories and try to remember as many details from them as possible. Then, some were asked to close their eyes for 10 minutes in a quiet room and daydream about anything they liked, while others were asked to play a computer game. When it came time to recall what they’d heard – both 30 minutes afterward and a week afterward – the volunteers who had rested remembered far more details than those who hadn’t. That suggests that “the formation of new memories is not completed” in mere seconds, and “that activity that we are engaged in for the first few minutes after learning new information” determines how well our brains absorb it, says study author Michaela Dewar. Previous research has shown that sleep is crucial to crystallizing memories, but taking a brief waking rest – without studying what you’ve learned or facing any external distractions – appears to return similarly beneficial results. *(The Week magazine, August 24-31, 2012)***

**It is related in Genesis that when fleeing from the cities of Sodom and Gomorrah, which God was destroying, Lot’s wife looked back, and “became a pillar of salt.” Salt is a preservative, corresponding to memory. When we remember the pleasures of the senses and long for their return, we preserve or “salt” the sense desire. This desire will manifest somewhere, sometime, unless the memory is dissolved through renunciation. *(Charles Fillmore, in The Twelve Powers of Man, p. 146)***

**Manufacturing memories: Memory is notoriously unreliable: Eyewitnesses have sent innocent people to jail, and two people can give conflicting accounts about the same events. In a new study, The New York Times reports, MIT researchers have shown how false memories can form – and how they might even be implanted. The researchers placed mice in an unfamiliar box and used chemical tags to mark the cells in the hippocampus portion of their brains that became active as a memory of their surroundings formed. Then, they transferred them to a different box and gave them an uncomfortable electric shock while stimulating the brain cells they’d marked in the first box. When they finally returned the mice to the original, harmless box, the rodents stiffened in fear – suggesting that they remembered, wrongly, that it was where they’d been shocked. The mice didn’t feel frightened when transferred to other new boxes, showing they had a specific false memory attached to the original box. Human brains likely encode memories in a similar way, and the research should “make people realize even more than before how unreliable human memory is,” says study author Susumu Tonegawa. *(The Week magazine, August 16-23, 2013)***

**Everyone needs his memories. They keep the wolf of insignificance from the door. *(Saul Bellow, in Mr. Sammler’s Planet)***

**My Favorite Saying: “May you never forget what is worth remembering or remember what is best to forget.” *(Rose Kniser, in Reminisce magazine)***

**There is no perception that is not full of memories. *(Henri Bergson)***

**Memories are more complex than simply remembering the past. Scientists have shown that each time we recall a memory, we are prone to change it slightly. Our brains cannot remember every little detail. Each time we remember an event or retell a story of our past, we are likely to slightly change the events based on our audience's reaction. What we remember from our many retellings is not the event itself, but our most recent iteration of the story, including its alterations. In the end, we might truly believe an inaccurate version of history despite our desire to get the memory right. *(The Daily Chronicle)***

**Recollection is the only paradise from which we cannot be turned out. *(Jean Paul Richter)***

**Things ain’t what they used to be and probably never was. *(Will Rogers)***

**I’ve got “Sometimers.” Sometimes I remember and sometimes I forget. *(Spike Lee, in Newsweek)***

**I have taught first grade for more than 20 years. Often, when I’m out running errands, I see former students. I am amazed at the incidents they remember from their first-grade years. Most of the time, they remember simple things: “You used to let us dance on Friday afternoons,” said one professional musician. “I remember you used to help me with my zipper,” said one student completing graduate work in engineering. One student, however, did remember a “big thing.” When she introduced me to her boyfriend, she said, “This is Mrs. Montoya. She taught me to read.” As I watched her walk away, I thought, “What a wonderful career this has been. Amen!” *(Irene Montoya, in Catholic Digest)***

**When a soul is encouraged to develop the mental faculties and to open the heart to a great feeling of love for humanity, it just naturally opens up the subconscious door that allows it to peer into the past. For before we are entirely free from the shortcomings and the ignorance of the race mind, we must awaken to the fact that these things exist and that we are connected with them, until through the Jesus Christ Mind we swing clear of them and establish ourselves in a consciousness of life and freedom and love. *(Myrtle Fillmore’s Healing Letters, p. 78)***

**Good week for: Fooling around, after Canadian scientists found that sex helps women build stronger memories. The reward signals generated by sex, the researchers said, can improve "neurogenesis" -- the growth of neurons -- in the hippocampus, where memories are stored. *(The Week magazine, December 16, 2016)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\****