

Mind-blowing brainpower guru

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Buzan: 'The brain and the body really are linked in many ways'

BY LISA GOH

SERDANG: While most people would have trouble remembering telephone numbers, Tengku Faizwa Tengku Razif has no problem recalling 50 digits after memorising them in just five minutes.

The memory trainer and executive director of The Switch Sdn Bhd, a company specialising in brain potential development, can even recall the 50 digits backwards in perfect order - to applause from the 800-strong audience.

Her impressive performance was part of Tony Buzan's live demonstration on memory power in his one-day *In Search of a Genius* seminar here yesterday.

Buzan taught the audience the principles in mind-mapping and how it can be used effectively for left and right brain usage to maximise learning abilities.

At a press conference, Buzan explained that after finishing school, he



FAST RESPONSE: Dr Mahathir and Dr Siti Hasmah enthusiastically responding in an interactive session during the seminar in Kuala Lumpur yesterday. With them is Dr Ling.

found it difficult to remember things, so he went in search of a solution for his forgetfulness.

"I went to the library and asked the librarian if they had a book on how to use the brain. And she directed me to the medical section.

"I didn't want to know how to operate on a brain, I just wanted to know how to operate it! And that was how I started working on this mind-mapping system."

He added that the mind-mapping technique could be applied to any subject, be it arts, music, science or history.

Buzan, who is also an award-winning

British poet, ballroom dancing champion, advisor to the British rowing and chess squads, world recordholder for creative IQ scores and more, said that his multi-faceted abilities were all due to harnessing the strength and ability of the brain.

"The brain and the body really are linked in many ways. So the adage a healthy mind breeds a healthy body and vice versa really is true," he said.

Present at the seminar were former prime minister Tun Dr Mahathir Mohamad and wife Tun Dr Siti Hasmah Mohd Ali, and former Transport Minister Tun Dr Ling Liong Sik.