



June 2006

Newsletter 7

Hello Friends,

Greetings from The Aura after the summer vacation. The April meet really kept us cool. Dr.K.Gnanasamandhan in his own unique humorous way attested how humor could change the situation in which we find ourselves. He said, appreciating small things in life and ignoring seemingly great things is the key to tension free life. Prof.G.Balakrishnan hilariously accentuated that humor is an important and integral part of everyday life. Truly, best humor brings about a change of situation and a significant shift in the way we view reality.

As we age we often find that certain parts of our bodies aren't working as well as they once did. One of the most common complaints is in the area of memory. Life is busy and when we have so much on our minds, some information might slip between the cracks, leaving us frustrated that we aren't as clear-minded as we once were. If you find it hard to remember names and faces or cannot recall the number of your car license plate or if you can never remember where you have left your keys, then this Aura meet is especially for you.

This month we have with us a professional international memory trainer **Mr.P.John Louis**, Proprietor-Ben Academy(India) to exemplify on **Enhanced Memory for Better Life**

Date : Tuesday, June 13 , 2006

Time : 11 A.M

Venue : Hotel Sangam, Trichy.

The program shall consist of practical demonstrations, techniques and shortcuts to better memory and lots and lots of mind clutching games too. Regular mental exercise can keep your memory sharp as you age. Exercising the mind is much like exercising any muscle within your body. If it's not stimulated our memory won't work as well as it once did. So friends, Come....Let's dive into the huge reservoir of our memory and develop the potential that is sleeping there.

The July meet shall be a members' morning consisting of plenty of events for members. Announcements regarding this shall be made at the beginning of this meeting. So please be at the venue by 10.45 A.M to get to know what's there in July.

**The existence of forgetting has never been proved.
We only know that some things don't come to mind when we want them.**