

## **TED TALK**

Jill Bolte Taylor dedicated her career to researching several mental illnesses as her brother was suffering from a brain disorder called schizoponia.

She moved from her home state of Indiana to Boston where she was working in the lab of Dr Francine Benes. In the lab, they were talking about the brain than which the cells which are communicating with which cells, etc.

While she was performing this research she used to travel as an advocate for NAMI during the evenings and weekends.

But one day when she woke up she discovered that she has a brain disorder of her own, and that was a blood vessel that exploded in the left part of the brain.

After then she realized that her brain was completely deteriorating. She said she couldn't walk, talk, read, write, or recall anything.

During the speech, she showed up a brain showing that the right side of the brain is all about the present moment and the left side is all about the past and future which we think.

Supposedly to do a job like midway of our path we remember that we need to pick up bananas. It's the work of the left hemisphere brain which is the intelligence part.

On 10 December 1996 when she had a stroke she was having caustic pain behind her left eye. It was an unusual experience of this kind of pain in her entire life. So she thought that she will start her normal morning routine.

She started doing exercises on the cardio glider. But meanwhile, she was having a particular experience while doing exercise. She thought she was looking like a weird

thing. She got off the machine and gradually when she was stepping forward her body was slowing down she could hear the dialogue inside her body.

She felt enormous and expansive, she was experiencing different energy which was surrounded her. It was beautiful and she was feeling lighter and all her stress related to the job was gone.

But her left hemisphere responds that she needs help.

She got out of her shower and went to her dressing room and looked over the stacks of cards. It took her 45 minutes to reach one inch down of the stack. She was matching the shape of the card with her phone pad.

She dialled the phone number though her left hand was paralyzed. She called her colleague who sounded like a dog to her and later on he realizes that he needs help.

At last, she was in an ambulance and she was feeling that her spirit was surrendering. She said goodbye to her body. She was feeling enormous and expansive.

But later she realizes that she was alive and finally found **NIRVANA.**

Nimisha Jena  
Roll no.-UCSE21044