

Nēnu--nā dēśam.

- - - Nēñu



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Notes: Romanized.



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Therefore it is important to stimulate the whole brain as often as possible. Challenging literature especially promotes our speech center.

Desamunu Preminchumanna

That is to say, it works faster and more efficiently. Moreover, our feeling for language is improved.



So: Exercise your body AND your brain! But it is not imperative that a person study in order to exercise his brain.

50languages English US

Nevertheless, intensive exercise can change certain brain structures.

Nēnū

The belief was: What we don't learn as children, we'll never learn

Bhartruhari Sataka Trisati

But when the brain is exercised it processes inputs much better.

Bhartruhari Sataka Trisati

The area that controls motor skills also processes new content. || snātvā gāṅgaiḥ payōbhīḥ śuchikusumaphalairachayitvā vibhō tvā dhyēyē dhyānam nivēśya kṣitiḍharakuharagrāvaparyāṅkamūlē || ātmārāmāḥ phalāśī guruvachanaratastvatprasādātsmarārē duḥkham mōkṣyē kadāham samakaracharanē pūrṇī sēvāsamūltham. || 3. It is just as important to practice regularly.



It was long believed that the brain was unalterable. Of course, a special talent for languages is usually hereditary. This means that our vocabulary gets larger.

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