

Memories

CB Lokai (March 2013)

Do you remember that old saying: "You are your memories?" Scientific studies have debunked that idea. When we store a memory in our brain, we store some of the reality of it and manufacture the rest of it. So our memory does not start out corresponding to the reality of it.

Now to complicate things, every time we recall a memory, we change it. So the recollection of a particular memory today is not like the recollection of it at an earlier time.

If we want to hold on to the idea that we are our memories, then we must accept that we are changing all of the time. That comes to a method of living life that requires us to be in the moment. "Live in the now" is old and revered advice which is in accord with the scientific findings regarding memory.