

# Rewiring Our Brain

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By S Ramesh Kumar, ET CONTRIBUTORS

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While the stressful times call for the practice of mindful meditation, yoga and development of new hobbies, the fundamental fact that baffles most of us is the variation of perceived effectiveness of these self-improvement measures, as reported by our network of social contacts.

Neuroplasticity, a scientific advancement, has shown that even as we age, contrary to what was earlier believed, it is possible to develop new pathways, through new neurons in the [brain](#), to rewire it. This provides further evidence of the effectiveness of several measures that an individual can customise for oneself.

Tara Swart, a neuroscientist at [MIT](#), says that developing the brain is more than just solving crosswords; there needs to be a sustained attempt by an individual with respect to learning something new, whether it be yoga or a musical instrument. She proposes to combine science and spirituality.

While there may be several exercises to develop [neuroplasticity](#), one method recommended by the experts is visualisation that could be tried for a few minutes every day. Once a day, one needs to think of her goal and visualise accomplishing it. This can be done preferably before going to bed or upon waking up. However, one must ensure that it does not end up in daydreaming.