

Ali's Journey

by Gail Nicholls

Here is a man who has proven that the potential of our mind knows no boundaries except those we put up ourselves.



Dr Ali Danesh is from Persia (today known as Iran), and was born on 15 June 1939. He excelled at school and attended a top private high school. Out of 2000 people who applied to the medical college, he was one of 60 chosen to attend the college. Very quickly he made a name for himself as not only a top student, but as a great public speaker. Here he met and married a fellow student, who to this day stands beside him.

In 1987, Dr Danesh was working as Chief of the Psychiatric Department at Timaru Hospital. One morning, he kissed his wife goodbye and left home to drive to work, but he never made it there. Two hours later, the police phoned his wife to tell her that he had been in a car accident, sustaining very severe closed brain damage, and he lay unconscious in the hospital. A wife's worst nightmare was to begin.

Dr Danesh was in a coma for several months. According to Professor Bishara, "Dr Danesh sustained closed brain damage and orthopaedic injuries including pelvic fracture, multiple rib fractures and possible fracture to T12 and L3. The head injury was severe in degree".

After he awoke from his coma, Dr Danesh experienced terrible symptoms associated with his head injury, including headache, nausea, irritability, depression and amnesia. He was unable to walk and he had to be reminded who he was. The doctors feared for his survival.

Three months after the accident, the doctors decided to discharge him and arranged for him to go to a special nursing home. However, his wife (also a doctor) and family refused this option, and so he went home. Slowly, in time, supported by the love and dedication of his wife and family, he regained his memory and determination to get back to the reality of his life.

Through great determination and perseverance, Dr Danesh not only taught himself to write again, but also re-learned how to crawl and then walk. This was done through the repetition of the task at hand, hundreds and even thousands of times. "I used to sit down and write my name hundreds of times, my wife's and children's names, until I remembered," he says. "I will take one hundred steps for my wife. I will take one hundred steps for each of my children."

All this was done with the knowledge that the medical profession had lost any hope of him ever being able to recover both cognitive and physical function. Yet no-one convinced Dr Danesh of this. He showed that through self-belief, anything is possible.

Dr Danesh's story is about the power of the mind, and that most people, even injured, have much more potential than even they themselves believe. He says that "with the right type of approach, the human brain can get motivated and reach higher potentials." He now believes that the power of the mind is the most important factor in the rehabilitation of any person, and not just those who have sustained a traumatic brain injury.

Dr Danesh says that there is always a positive side to any situation: "No matter how adverse you might think the constraints are, always take off your tinted glasses and view the world with a positive outlook on life. There is a lot to live for. Be grateful for what you have in life, because you never know just how long it will last."

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Dr Danesh believes that because his wife is a competent medical doctor, she diagnosed his condition immediately and made an excellent decision to contact Professor Bishara right away. Dr. Danesh believes that his wife was the main factor in his survival.

6 golden concepts that motivate brain cells to overcome shortcomings:

- 1) Be happy and optimistic all the time.
- 2) Have patience; success comes little by little.
- 3) Do not give up hope. Be positive.
- 4) Close your mind to negativity; negativity kills healthy brain cells and opens the door to illness.
- 5) Respect and love everyone.
- 6) Practice, practice and practice practising whatever you are wishing to achieve.

Vital facts

- Words can act as medicine or poison.
- Let your happiness depend not upon external things, but upon your own mind.
- Cicero said to the sick, "While there is life, there is hope".
- Goethe observed, "In all things, it is better to hope than to despair".
- Instead of saying, "He makes me angry", it's more accurate to say, "I make myself angry".
- Your thoughts shape the circumstances that direct your destiny.

Dr Danesh is willing to be a guest speaker, to help those who are feeling like their life circumstances are hopeless. If you would like to know more, or wish Dr Danesh to talk to your group, please contact Gail Nicholls (Naturopath, Hypnotherapist and Spiritual Healer) –
Phone: (09) 535 4065
Email: speedwell@xtra.co.nz
Website: www.speedwell.co.nz