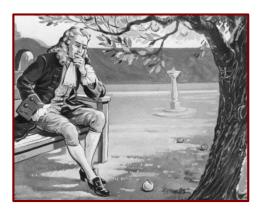# Newton and the Falling Apple

Sir Isaac Newton, English physicist and mathematician, is widely recognized as one of the most influential scientists of all time.

Newton (1642 – 1727), described in his own day as "a natural philosopher," wrote *Philosophiae Naturalis Principia Mathematica* (*Mathematical Principles of Natural Philosophy*), which laid out the foundations for classical mechanics. The book formulated the laws of motion and universal gravitation.

Newton wasn't the first person to be struck on the head by a falling apple or discern what causes objects to tumble toward earth. But there's a reason he's credited with discovering the theory of gravity.

He agonized over the phenomenon later known as gravity. He calculated and hypothesized. In 1687, when *Principia* went to press, it radically changed humanity's understanding of the universe.

The ability to think and concentrate is what turns inspiration into discovery and practical application.

Here are some tips arising from Newton's writings and experiences to build *your* brain to Newtonian levels:

- The brain is like a muscle. Exercise it by picking a topic and contemplating it thoroughly. Don't discard the topic when you get stuck for answers. That's like putting down a barbell every time it begins to feel a little heavy.
- Imagination builds creativity. Feed your imagination by reading great books, viewing fine artwork or watching innovative films or television programs.
- Record your thoughts. This will keep you focused – and prevent you from forgetting key ideas and insights.
- Crossword puzzles, memory games and word searches are great ways to challenge and develop your mind.
- If you need a break from all the thinking, rest your mind, and enjoy an apple. Isaac Newton would approve.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things (Philippians 4:8 NIV).

– Beecher Hunter