***RE-TRAINING YOUR BRAIN***

 **(Opening New Pathways)**



 Our brains are “hard wired” to feed back to us the habits and behaviors already programmed and deepened in the brain’s neural pathways *even though* we have no idea where those beliefs came from or why we even believe the way we do. We repeat habits and behaviors learned at a very early age from the thoughts, beliefs, and behaviors of those who took care of us, taught us, and influenced us.

 Every activity we have ever learned, from the time we took our first step as a toddler, required a process of learning. Each time we attempted to walk, each step created a deeper groove in the neural pathways of the brain. With each success, the neural pathway gets deeper until eventually a habit for walking is established in the brain. The baby never has to learn to walk again in a perfect world. We use the same process for learning to speak a language, or riding a bicycle, or driving a car.

 The same process is required for “re-wiring” your brain. Becoming aware that you need to make changes in your learned behavior is a result of seeing the same old issues pop up more frequently. Here are some of the more common warning signs:

1. You find you have developed a habit of starting projects but never finishing them.
2. You know the healthy way to exercise, nurture, and nourish your body but find yourself indulging in unhealthy eating habits and destructive behavior.
3. You are in conflict with family, friends, and/or co-workers more often than usual.
4. You feel like everyone is against you and your support system is disappearing.
5. You become aware that you are not setting your intentions and achieving your goals.

 The body is usually the first to notify us that something is awry. Your subconscious mind receives your thoughts with feelings and emotions attached and communicates those emotions to your cells. Your subconscious mind has no capacity to analyze or determine whether your thoughts are real or imagined. It is like a computer, the communicator with your cells. The chemical “recipe” for the emotion is sent to the *membrane,* the “*memory-brain”* of your cells. The chemical reaction invokes a negative or positive electromagnetic response. A negative emotion invokes a negative response and causes the cells to mutate and become unhealthy and “dis-eased”. Positive emotions cause the cells to function properly and reproduce in a healthy environment.

 Hypnosis is an effective tool to establish new habits and behaviors in the same way we learned as a toddler. First you determine consciously, the unwanted thought, belief, or behavior you want to change. Then, through suggestion and repetition, a new neural pathway is created in your brain that crowds out the old behavior or belief, and a re-wiring of your brain takes place:

(1) make a conscious decision to change,

(2) create positive thoughts, instill new beliefs,

 and practice new behavior, and

(3) practice a program of hypnotic suggestion

 and repetitive re-programming.

 Some beliefs and behaviors go so deep, it takes professional help to break them open so any remnants can be discarded and new neural pathways can be created. This work leads to healing dis-ease and living a more compatible and rewarding life. It improves your quality of life and extends your longevity.

***“As You Thinketh, So Are You…”.***

***“Change your thoughts***

***and change your life.”***