

Brain Neuroplasticity

You will remember from our last discussion that **Positive Presence is your natural ability to adjust and create a positive and energized mindset within yourself through conscious thought processes.**

Throughout the course of this program there will be a fair bit of repetition. The repetition is deliberate because that is one of the best ways for our brain to remember things and create habits.

I mentioned that I had watched my colleague consciously re-wire her injured brain. She did this by using both traditional and non-traditional thought techniques and mind exercises as she systematically honed her skill of generating a positive emotional energy flow ... allowing the neuroplasticity of her brain to 'rewire' as she consciously adjusted her thoughts ... relieving her from her episodes of depression, psychoses, frustration, and anxiety . I watched as she became better able to focus for greater periods of time and started making informed decisions; I watched her alter her level of anxiety and frustration by consciously practicing a positive thought process; And I watched her become a generally happier person, more focused, more optimistic ... and with a clearer mind of what she needed to do to reach her goals.

I came to realize that the practice of positive thought is a learned skill Many of us (in fact, most of us...me included) do not come 'pre-wired' for positive thoughts basically, our thought-habits are the product of our life experiences to date -- and the skill of what we call "Positive Presence" becomes a matter of learning how to think and then practicing how to think.

Our proficiency for Positive Presence is different for each of us greatly dependent on our life experiences, on our beliefs, and on the paradigm within which we live. For many of us, our thought patterns are automatic and we give them little notice but if we want to give them notice, and if we consciously practice how we think, our brain will re-wire for that, and the new process becomes automatic again (unconscious, if you will...)... in really no time at all!

We all know the human form is a complex chemical manufacturing plant for energy – neuro-chemical electro-magnetic energy, to be exact. Relatively recent research in the neurosciences has shown there is this continuous looping and re-looping of energy both positive and negative, between our two dominant human energy fields -- the heart and the brain.

It is this looping and re-looping of energy that makes each of us a unique individual. Joseph Chilton Pearce, in his book "*The Heart-Mind Matrix*" refers to studies showing that when our energy is positive we are experiencing positive thoughts and feelings such as kindness, happiness, optimism and love....and on the flip side when thoughts and/or feelings are negative (like, anger, frustration, jealousy, and cynicism) ... our energy is also negative. Pearce also explains linkage between positive energy (positive thoughts and feelings) and an increased ability to 'connect' and 'mesh' with others an increased ability to work together, if you will.

Evidence is coming forth suggesting too, that a person's negativity not only diminishes the benefits of someone else's positive flow ... it can counteract it altogether. Our brain determines what we think, what we feel, what we say, and what we do. To ensure survival, our brain evolved a negativity bias, described by Dr. Rick Hanson in his book "*Hardwiring Happiness*", as "making it like Velcro for bad experiences but Teflon for good ones." The good news is -- every one of us has the ability to re-wire

(through the neuroplasticity of our brain) for a positive flow ... and even better – unlike most everything else as we age -- our ability to do this, if we have a healthy mind, does not diminish with age!

So, when we are in a positive flow of energy It is then that we are able to really connect and mesh within our self, and with others. The more time we spend in a positive flow, the greater our capacity for achieving peak performance, for building and maintaining good relationships, for experiencing good health...

Positive Presence is the skill of adjusting and creating a positive and energized mindset within our self through conscious thought processes. With the enormous advances over the last decade in neuro-imaging technology (watching the electro-magnetic activity in our brain), researchers looking at cognitive functioning and behavior have suggested, simply put:

- We can assess our personal energy flow through our feelings.
- Feelings such as happiness and optimism can be linked to a positive energy flow, and feelings such as anger and frustration can be linked to a negative energy flow
- We can control our feelings with our thoughts.
- It is through our thought process that we choose how to behave.
- And the bottom line is the measurable result of a person's energy flow is reflected by one's choice of behavior.