



Rewire your Brain and your Mind to be Younger and Happier

Nutrition + Health



+ Write or Type

- What is the mind?
- Write your current definition of the mind





- Neurobiology definition is:

“the mind is the process that regulates

the flow of energy and information in our bodies”

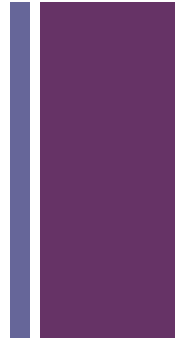


- The mind is in the whole body
- There is a Big Mind that is the intelligence aspect of the universe
- The mind includes The Observer
- Energy and information flow is bidirectional across the body and between people, into the central prefrontal cortex.

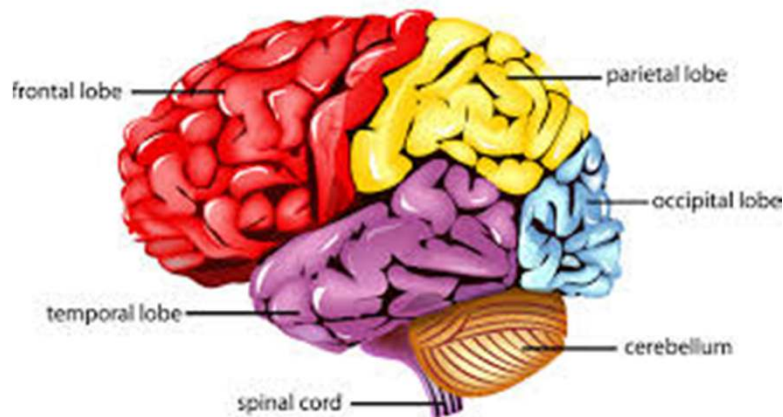


+ Our Brain: 3 Parts to Know

- Brain Stem: Our Reptilian Brain
- Limbic System: Our Emotional Brain
- Prefrontal Cortex: Our Higher Brain

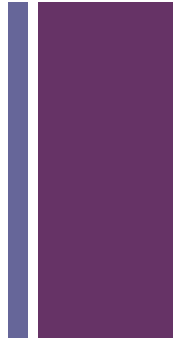


Parts of the Human Brain





Guided Exploration of your Brain



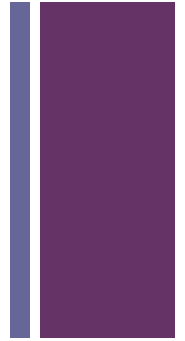
CLOSE YOUR EYES

- Take three deep breaths...
- Soften all the muscles of your body...
- Soften your jaw...
- You are going to journey deeply into the neurocircuitry of your brain, as a live circuit where information and energy flow
- Using awareness to make energy and information flow in new ways





Bringing the mind to the brain rewires the brain and changes its physicality



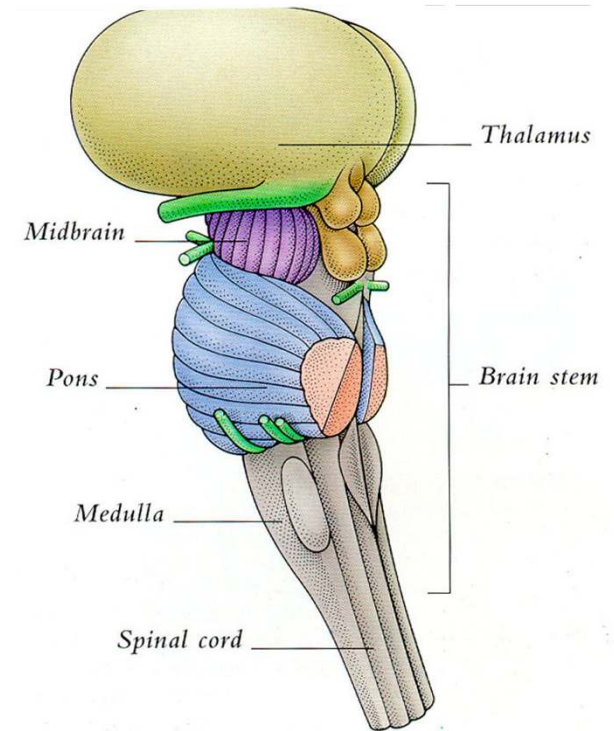
- Bring your inner eyes and your mind to the base of your spine. Follow your spine up...
- Your Spinal Cord is collecting and bringing neural input from your body, from your gut, heart and limbs...going up along the spine to the brain
- Think about the brain in terms of social circuitry





Our Brain Stem

- **To regulate our basic functions:**
respiration, heart rate
- **Controls the state of alertness**
- **Fight-flight-freeze response** to perception of imminent danger. Do I feel capable of responding? Then either fight or flee. Do I feel incapable? Then freeze
- **States of safety:** being open hearted, flexible, ready to create to receive



+ Limbic System

Amigdala

Hipocampus

Hypothalamus

The 8 universal emotions across cultu:

Sadness

Excitement

Worry

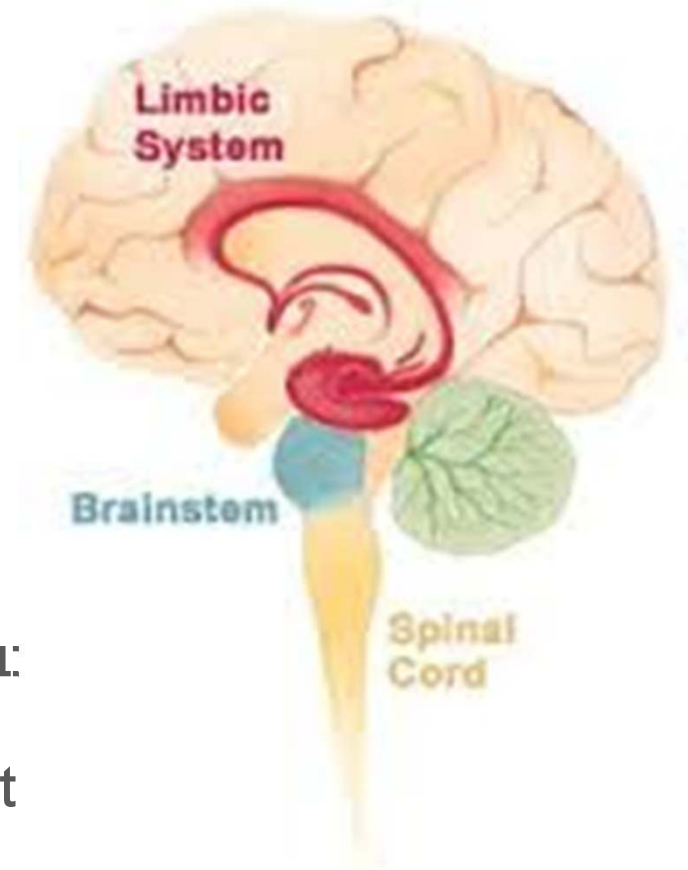
Disgust

Shame

Fear

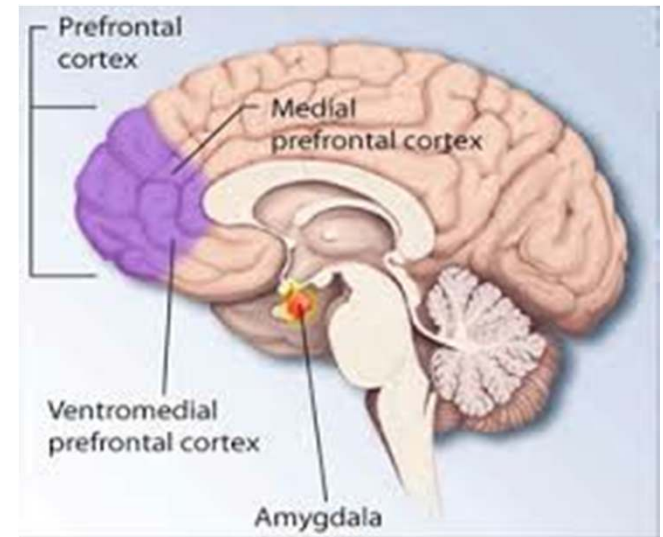
Anger

Joy



+ Prefrontal Cortex

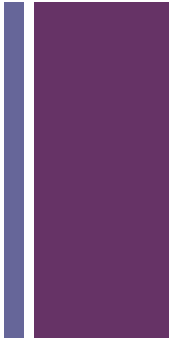
- Regulates all other systems
- Gives us Emotional balance
- Capacity to pause
- Intuition. Bringing the wisdom of the body to the brain
- Self-awareness. Insight



+ The Key Pathway

- **This is the path to self regulate and to change our brain:**

From your middle prefrontal cortex
to your limbic system
to your brain stem
to all the organs of your body



+ NEW RESEARCH



- The mind is using the brain to create itself
- Study Self Directed Biological Transformation
- Your neural networks are being reshaped quickly, even instantly, by how you think, speak, and act
- Voluntary activity in your thoughts and images effects your genetic material expression and function of your brain
- We have the capacity to appropriately regulate the subcortical fear circuits under conditions of stress
- The number of pathways between the prefrontal and the amygdala determines how fast we bounce back from adversity



+ neuroplasticity



- We know that we can rewire our brain
- New science: Habit Dictates Function and Function dictates Form
- **Bringing the mind to the brain rewires the brain and changes its physicality**
- **We tell the brain how to shape itself and how to function by our commands**
- Practice something new and the practice itself changes the structure of the brain and the function with it.
- Practice makes Perfect



+ OBSERVING FROM THE PREFRONTAL CORTEX



- The brain can *ALSO* change from messages generated from within: our thoughts and our intent
- We can use awareness to shape our activity in our nervous system.
- Using awareness to activate the flow of information from the prefrontal cortex to the amygdala
- A stronger connection means the prefrontal cortex can more quickly tell the emotional amygdala to quiet down
- All autonomic functions respond in tandem



+ AN EXERCISE ON NEUROPLASTICITY



CLOSE YOUR EYES

- Take three deep breaths...
- Soften the muscles of your body... Soften your jaw
- Go into the neurocircuitry of your prefrontal brain, as a live circuit where information and energy flow
- Observe the negative inner dialogue in the center
- Send opposite images/words
- Strengthen cortex-amigdala pathways



+ Can I Actually Thrive from Stress?

- Why some people bounce back from difficult experiences?
- Resilience is essentially a set of skills—as opposed to a disposition or personality type—that make it possible for people not only to get through hard times but to thrive during and after them.
- The number of pathways between the prefrontal and the amygdala determines how fast we bounce back from adversity





Understanding adaptability



- Stressful situations change the structure and functions of the brain
- Resilience is the capacity to successfully adapt to challenges
- Much of the new evidence suggests that with a little practice, anyone can develop resilience
- The latest science shows that if you train your brain, how you act under pressure can, in large part, be up to you.



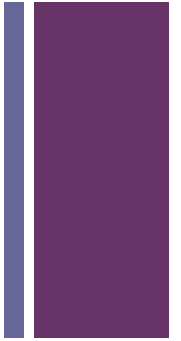
+ How can I train this?

GET OUT OF MY COMFORT ZONE

FACE MY FEARS

PRACTICE INNER SILENCE

HAVE A SUPPORT NETWORK



+ A Practice to Increase Adaptability

- Sitting in a chair
- Inhale bringing energy up to the crown of your head
- Hold the breath while you roll your tongue against the roof of your mouth
- Slightly roll your eyes up
- Exhale and relax



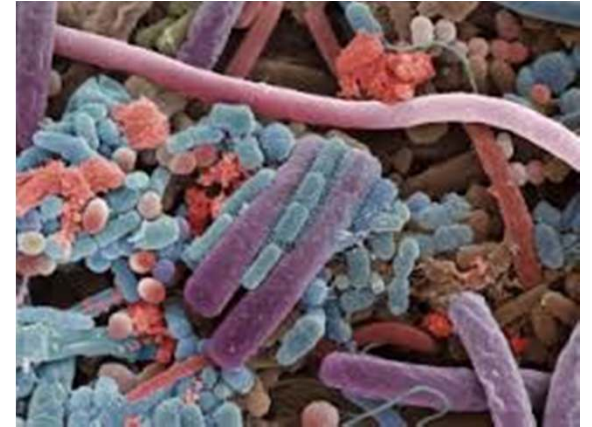


The Neurobiology of We

- We are not alone; we change in response to our connection with each other
- Our nervous system is hard wired to connect with each other
- There is a social circuitry on the brain: mirror neurons.
- When we see something happening outside, the mirror neurons fire as if it was happening inside.
- Mirror system not just involved in the imitation of action but also of emotional states.
- **I sense an emotional state in others and I emulate that emotion, that feeling, in myself.**



+ The New World of our Microbiome



- Is our personality really “Ours”?
- The personality traits we think of being ‘us’ seem to depend on composition of the gut microbiome rather than genetic code.
- Our gut microbiota communicate with and influence our brain via the enteric nervous system, the vagus nerve, the endocrine and immunoinflammatory systems and neurotransmitters
- Altered microbiota have been linked to personality changes, schizophrenia, depression and autism disorders





Brain Food



Antioxydants!

- Blueberries
- Wild Salmon
- Celery
- Broccoli /cauliflower
- Whole Grains
- Green tea
- Garbanzo Beans

Good Fats!

- Walnuts
- Avocado
- Almonds,
- Cashews
- Sunflower seeds
- Sesame seeds
- Flax seeds



+

Brain Food

Supplements!

- Omega 3's
- Alpha Lipolic Acid
- Reserwatrol
- Turmeric
- Vitamin D
- Probiotics

Herbals!

- Ginkgo Biloba
 - 500-1000mg/day
- Ginseng
- Huperzine A. (moss)





PRACTICE

- Close your eyes
- See the whole space inside your head
- Direct your gaze inwards and there
- Experience the spatiality of your true nature



Early text of tantric practice

The Brain has no Boundaries

