

Change your BRAIN!

by Dr. Diane Fitch



Most people encounter disappointment and loss in life...Why do some people get discouraged, give up, or succumb to disease and addiction, while

others are resilient and "live to fight another day?" It's a mystery that has puzzled philosophers, psychologists and scientists for centuries...

Biological psychologist, Rick Hanson, points out that our brains are genetically wired for survival, so they are "Teflon for carrots (positive experiences) and Velcro for sticks (negative experiences)." Historically speaking, it was probably our more negative, paranoid ancestors who survived, while those "living in the moment" enjoying the flowers or a sunset, were more likely to be attacked by wild animals or rival tribesmen and perished. So those who survived to propagate our species were the more guarded, pragmatic and hyper vigilant...Interesting theory!

Continuing with the enigma of why some people get upset over relatively routine events, while others flourish despite dire circumstances, Eckhart Tolle suggests that "the primary cause of unhappiness is never the situation, but your thoughts about it." In other words, if I tell myself "This is a catastrophe" or "This shouldn't be happening to ME", I begin a vicious cycle, physically and mentally, that interferes with my ability to think and respond optimally. By accepting the situation as it is, I am able to make better decisions and respond more constructively.

Many people spend countless

hours ruminating, and hoarding resentment about things that happened in the past...They can do nothing about it! Yet they hold onto past events as though they are diamonds. The past is good for two things: precious memories, and lessons learned...Beyond that, it is nothing but trouble...Let it go! The future can be equally problematic if you spend your time and energy worrying about it...Enjoy the present moment you are in...Listen to the rain and the birds, smell the grass, enjoy your work or whomever you are with at the moment...Relax and breathe in the fresh air, and be grateful for what you have right now...

If people believe their happiness depends on what happens in Life, they are doomed to misery, since what happens (or will happen) is the most unstable and unpredictable facet of human existence. By accepting what IS, and not wasting our energy worrying, commiserating or blaming, we have the energy to extend compassion to ourselves and others, and to share what resources we have.

For decades, it was believed in scientific circles that, between genetics and our upbringing, human behavior was pretty well set in stone by the age of seven, and certainly by adulthood...But more recent studies have revealed the "neuroplasticity" of the brain. We now understand that the brain can be taught to build new neural pathways...to learn new ways of thinking, to develop more effective habits...Yes, people CAN change! In fact, you can form a new habit in 21 days...Try it! Start with something simple like getting up a half-hour earlier each day, or flossing your teeth at night...~~continued on pg~~

Do it for 21 days,
and it's yours forever!