

“Winning the War Inside Your Brain”

Brain Changes for Deep Motivation

Bill Harris, Centerpointe Research Institute

Slide show:

myholosync.com/brain-resources



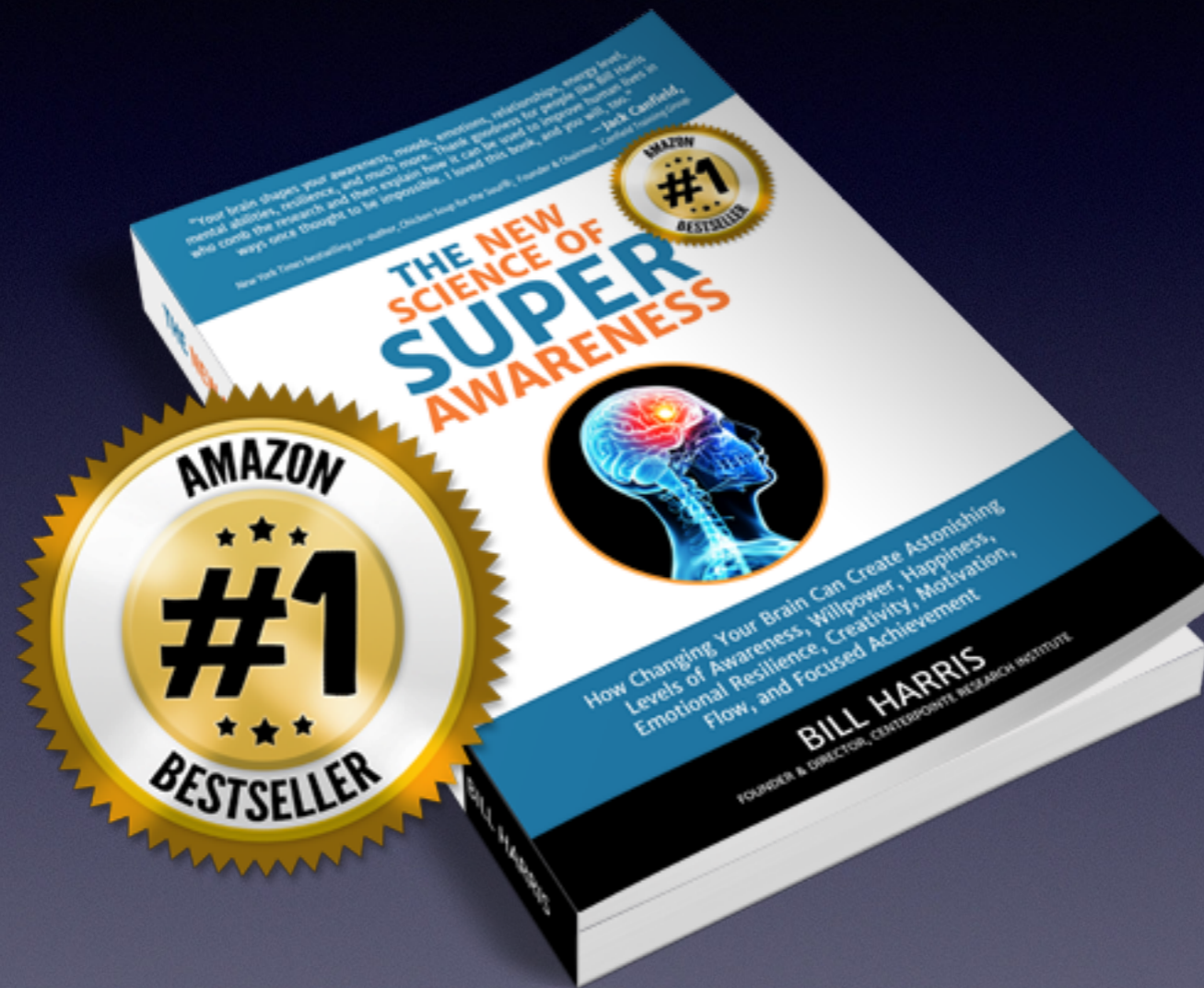
You're living during one of the biggest scientific revolutions ever – a revolution in brain science...



1. Awareness, choice, and coaching
2. 3 fundamental, paradigm-changing discoveries about the brain
3. A fascinating research study
4. Using new brain science discoveries to be a better coach – and a better human being



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Awareness Creates Choice



- Observing how you create an outcome, as you do it, seeing consequences
- A function of several brain areas, including PFC and limbic system

What you DON'T have a choice about



- The physical processes of the universe
- The limitations of having a body
- The actions of other people
- That everything is impermanent

4 things you *could* have a choice about...



1. How you feel (your internal states)
2. How you behave
3. Which people and situations you attract or become attracted to
4. The meanings you assign to what happens

Two Key Principles



- Awareness creates choice
- Once you have a choice you'll always choose what serves you and drop what doesn't

How does awareness create choice?



1. Everything about you begins in your brain



2. Scientists know what parts of the brain are involved in what you want – and what you want to get rid of...



3. Scientists know how to change those parts of the brain...



Many are creating
powerful tools based
on this research...



The Marshmallow Test



Walter Mischel and the Bing Nursery School



Throughout life, those who could delay gratification had...

Better grades, SAT scores

Higher income

Lower BMI

Better relationships

Better cognitive function

More self-control

Ability to resist temptation

More self-reliance, self-trust

Less easily rattled/disorganized

Pursue & reach long-term goals

Greater resilience, adaptability

Less addiction and bad habits

More self confidence

More self confidence



fMRI brain scans

High delayers: Enhanced prefrontal cortex, calm limbic system

Low delayers: Overactive limbic system, weak prefrontal cortex



There's a war going
on in your brain.

Which side wins shapes nearly
everything in your life!



An overactive limbic system

Source of the fight or flight stress response



- Stress hormones → health problems
- Blood flows away from your brain
- Your hippocampus shrinks
- Unpleasant emotions



An overactive limbic system

“I want it now and I don't care about the consequences” bad decisions



Dopamine is a powerful drug!

- No consideration of consequences
- No ability to delay gratification

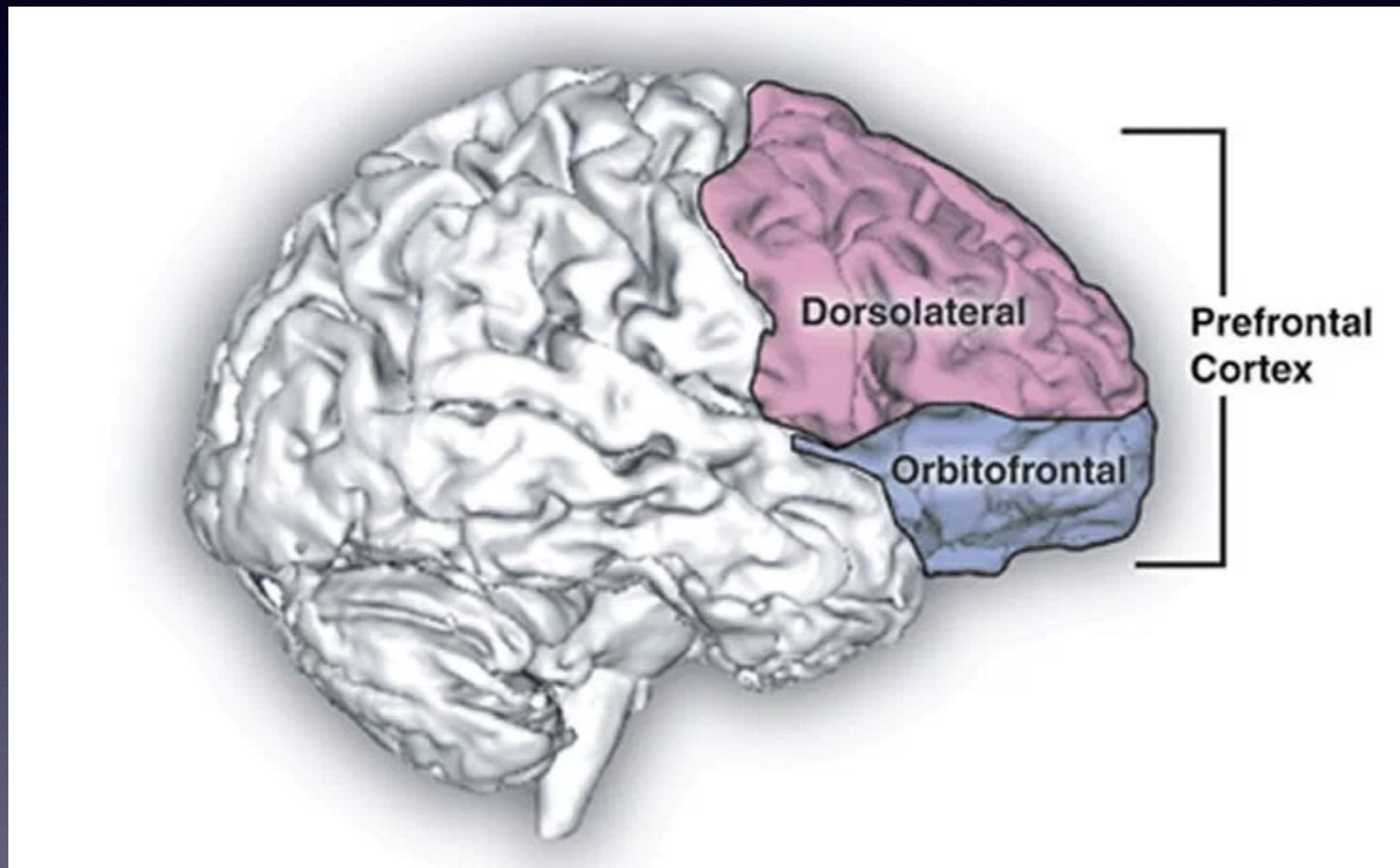


If your limbic system is overactive...

...you won't be able to implement
the strategies you learn



Your savior is your prefrontal cortex



Prefrontal cortex functions:

Executive function

Rational thinking

Learning from experience

Creativity

Concentration & focus

Pattern recognition

Goal setting, persistence

Problem solving

Empathy

Supervise the limbic system!

The Big Solution!

Calm your limbic system and enhance your prefrontal cortex

- Develop more of the qualities, skills and superpowers you want
- Get rid of the negative reactions, feelings, and behaviors you don't want

Calming your limbic system

Supplements

Breathing

Exercise

Avoid stress

Nutrition

Sleep

Meditation

Holosync

Enhancing your prefrontal cortex

Supplements

Rehearsal/practice

Exercise

Avoid stress

Nutrition

Sleep

Meditation

Holosync

“New Brain Science Discoveries You Can Use Now”

Bill Harris, Centerpointe Research Institute

Slide show and free book:
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