

# How your Brain works

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I think we all understand that our habits, preferences and personalities come from our brains. But if you're like me, despite its enormous importance, I was never taught how my brain worked in high school or even college. **I had to find this information on my own because I wanted answers to how to make my life better and how I could better help my clients, members and friends become more successful.** It truly became and still is an obsession of mine.

Once I learned how my brain worked, it all made sense. The stupid things I did and why it's so hard to break old habits and so easy to stay in a rut became perfectly clear. I cannot emphasize enough how important it is to understand how your brain works. Once you do, it gives you the power to change. Until you do, you will be stuck in your own thinking and making even small changes in your life will be very difficult—that's why this is ESSENTIAL to learn BEFORE you try to adopt new eating habits and break the old!

*Key understanding: Your brain is an organ of your body whose job it is to protect you by producing thoughts that give you feelings to motivate you to stay safe and comfortable.*

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Your brain is like a supercomputer that records experiences and produces thoughts that make you feel a certain way to get you to do or not do things. Because its main job is to ensure your existence, fear is the most powerful and most used feeling your brain uses to keep you out of danger both physically and emotionally. Your brain produces a constant assembly line of thoughts popping up in your head all day long based on this main function of keeping you safe from danger of any kind.

Your brain moves strongly away from pain and strongly toward pleasure. But because your brain's main purpose is as a defensive/protective mechanism, **your brain's function to avoid pain is far more powerful than its function to move toward pleasure.** Most of the moving toward pleasure is actually a response your brain learned to get out of pain or discomfort. Biting your nails is a way your brain learned to feel comfort when feeling anxious, nervous or some uncomfortable feeling. Eating food is a way your brain has learned to feel comfortable when feeling unsatisfied or unhappy. Nearly all your habits are ways your brain has learned to avoid discomfort and pain or to experience pleasure from the avoidance of pain.

**Because your brain's #1 job is to protect you, it naturally and relentlessly will produce thoughts of the worst-case scenarios, negative thoughts about yourself and others, short- changing your abilities, making up things that could happen, and focusing your attention on anything that could possibly go wrong.**

Most people think their brain's activity of producing thoughts is their thinking. When they hear their brain produce the thought *"that will never work"* or *"I'm too fat to go join that gym"*, most people who don't understand how their brain works, believe that those thoughts are THEIR thoughts and thus they believe them and are guided by them.

When you understand that your brain is an organ of your body, just like your heart or liver, whose unique job it is to protect you by producing negative thoughts, you can correctly understand that the thought *"that will never work"* and *"I'm too fat to join a gym"* are just thoughts that your brain produced to protect you from emotional danger! With this understanding, you can now **choose** to accept or reject that thought and move toward doing what YOU want despite any thought that pops up from your brain.

This KEY understanding empowers you to move past the thoughts your brain produces that would give you feelings that would pull you back to your old comfortable habits. Without this understanding, your brain's thoughts would eventually pull you back no matter what amount of willpower you muster up.

### **How do I know what MY thoughts are?**

A common question after a person understands how their brain is always producing negative thoughts is: "How do I know when a thought is my thought or my brain's thought?"

This is a good question. Scientists know that your brain never shuts off. It is constantly "thinking" and you have NO control over this. To prove this to yourself, try to stop your thoughts. Just stop thinking, close your eyes and try as hard as you can to not have a thought. Meditation is doing just that—sitting quietly with no distractions, just observing thoughts as they come and go like some never-ending assembly line. When you open your eyes and start living life, your senses stimulate thoughts based on what they observe. **My point is that MOST of your thoughts are NOT yours!** They are produced from your

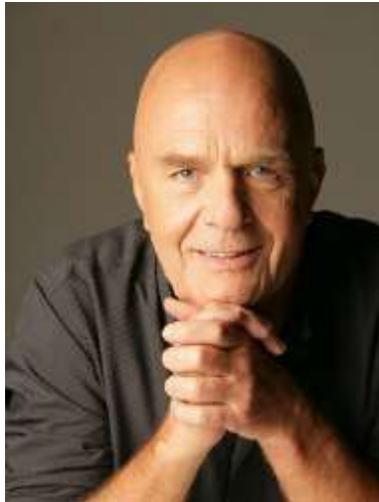


brain both automatically and from what your senses observe and send to your brain. Some say up to 95% of your thoughts are not YOUR conscious self-thinking!!!!

So now that you know that 95% of the thoughts you observe in life are coming from your naturally negative overly protective brain, you can adopt this life-changing belief:

***Don't trust your thoughts, because most of them are not yours!***

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Dr. Wayne Dyer, one of my greatest teachers, suggests in his book *Wishes Fulfilled* that you develop the habit of asking yourself frequently: ***“Right now, in what I am about to say or do, do my desires stem from my lower or higher self?”***

Your lower self, as Dyer goes on to explain, is your ego (brain) which is all about self-serving, ownership, winning, judging and so on. Your higher self (You), is about serving, loving, and being in a non-judgmental state of peace.

So then, thoughts produced by you must be from Love. They must be serving, non-judgmental, peaceful, forgiving, and so on because you ARE Love! I will explain this more in an upcoming lesson, but every thought that YOU produce can only be from Love because the true you is an energy called Love—which is all-encompassing including yourself. The thought “I want to join a gym” could be your thought because you want to do something good for yourself (love) or could come from your ego because you want to look good to impress people. Any thought that involves helping others or yourself is Love and you can be sure it is a thought from YOU.

You may think that what you say out loud or think to yourself is your thought. Something negative and unloving like: *“I hate Vikings fans!”* But that negative thought is really just you believing and adopting your brain’s thinking and running with it as your own. This happens all the time. Just because you say something doesn’t mean it’s YOUR thought! 95% of what you say and do from comes from you believing a thought your brain produced. Most of the time this involves only daily living things like how to tie your shoes or drive a car. Your brain produces a thought on how to drive a car and you believe it and follow it. But ANYTHING that causes you stress or discomfort is you believing a thought produced by your negative brain and acting on it! For example, you get angry at someone for something they did. This CAN’T be YOUR thought, because your thoughts only come from Love which is non-judgmental and forgiving. Your brain thinks they shouldn’t have done that for whatever reason and you go along with that thought because you think your brain’s thinking is your thinking! Proof of my

theory is that we usually regret getting mad the next day or an hour later, because time allowed YOU to produce your own thought about the situation that always comes from peace and Love.

Okay, I know this is getting a little deep, but when you start to understand how your brain works and the separation of your thoughts from your brain's natural never-ending production of thoughts, it is absolutely life changing!

I recommend that you also make understanding your brain a life-study. Not only will you be able to lose weight permanently, but you'll also be able to find happiness and contentment in yourself, others and the world you live in. Understanding your brain will also help you to prioritize your life and the more you study it, the more you will learn your true identity which brings you closer to the real you—Love. **With your brain's negative thinking no longer influencing *your* thinking, your life will never be the same!**

## ASSIGNMENT:

How has your past belief that your brain's thinking was YOUR thinking kept your life stuck?

Describe how you knowing that the thoughts that pop-up in your life and compel you are coming from your brain (not you) could help you improve your life.

To become aware of where your thoughts are coming from (you or your brain), for the next day or two ask yourself:

*“Right now, in what I am about to say or do, do my desires stem from my lower or higher self?”* Lower-self thoughts are of fear, jealousy, competition, judgment, approval, anger, disappointment, etc. Higher-self thoughts are of love, peace, harmony, understanding, compassion

Were you surprised most of your thoughts were from your lower-self (brain's) thinking?

How can this understanding help you improve your life?