

DEVELOP YOUR COMMUNICATION

Where do thoughts begin?

Like a stone thrown into a pond, your thoughts and your words carry a chain reaction!

Question: Are your dominant thoughts enhancing or sabotaging your life?

When waiting in a line of vehicle traffic or at the supermarket check-out do you experience feelings of irritation (beta brain rhythm) or do you have a quiet place (alpha/theta brain state) where you relax while the congestion passes.

Most are accustomed to functioning in beta brain rhythm with negative gamma bursts. Our challenge is to learn how to move from the beta state into a more relaxed state of alpha brain rhythm.

Why?

In the alpha and deeper theta brain state we put ourselves in an ideal condition to begin managing our moment to moment stress by connecting to the creative and quiet spaces within. According to neuroscientists, the alpha state produces a significant increase in the levels of beta-endorphin, nor adrenaline, and dopamine, which are linked to feelings of enhanced mental clarity.

Your cellular memory knows and remembers everything. What if, in the theta brain rhythm (seven to fourteen brainwave cycles per second) you have imprints of impulsiveness, irritation, intolerance – how can you change that pattern? You can change by learning how to reach into the quiet place, for some this is the 'flow state' the place where, scientists make stunning discoveries, business people make far-reaching decisions, to the place where athletes break world records, where human beings perform almost supernaturally! The space where you connect and become your absolute best! Your absolute best does not come from the 'try' brain-rhythm but from the creative space, the quiet place.

Deep in the delta cellular memory is our genetic blue-print the space where our possibilities are encapsulated waiting for release. You have heard of developing your total potential, you can! In the Behavioral Change Self Mastery program you will learn how to reach the alpha, theta and delta brain rhythm state. You will learn how to let go of genetic and/or learnt saboteurs, you will learn how to be rid-of negative recordings to embrace and develop the 'best of you'.

Have less stress, strengthen your immune system, be more creative, experience more peak performance, attract meaningful relationships.

Anytime you feel a negative irritation, imagine it as a small pebble in your hand and 'let it go'. Resist the temptation to pick it up again, your lesson is to 'LET IT GO'.

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HELPING PEOPLE THROUGH TIMES OF CHANGE.

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