

Neuroplasticity

Neuroscientists, who study our brains and nervous system, have also made important discoveries on how our thoughts and beliefs affect our health and well-being. They discovered that the neural pathways which are the physical pathways connecting neurons in the brain can double with repeat stimulation. This has been called neuroplasticity and was also not believed possible until it was discovered in the 1990s. Neuroscientists have even coined a term for what we will be achieving in this course, it is self-directed neuroplasticity or SDN which means that we can choose how we create new neural pathways in the brain.

Neuroscientists have studied and believe that 95% of our daily thoughts are subconscious which basically means 95% of our day is spent in repetitive and automatic habits of thought. The subconscious does not mean that those thoughts are totally hidden just that they are automatic and so with the right tools the subconscious thoughts and beliefs can be changed. One of the best tools to do this with it has been proven scientifically is hypnosis. It has also been proven that repetition of a thought or idea in hypnosis will physically change and grow new neural pathways in the brain. This forms the new subconscious thought which then becomes an automatic behaviour. But this time rather than being placed there in reaction to circumstances, or taking on someone else's thoughts or beliefs i.e. your parents, it is chosen by you, and so can be a positive health giving thought.

So this is what we will be doing in this course through the self-hypnosis technique I will teach you, you will learn how to access your deep mind your subconscious. Where you will be able to replace negative self-talk and beliefs. You will also learn a powerful technique to discover your own unique power affirmation which while you are in self-hypnosis you will repeat this affirmation three times. You will also be doing this daily so that your brain will have the chance to form new neural pathways of your choice.

Hypnosis allows the new belief to be placed into the subconscious deep mind where it will continue to work even when you are not aware of it. Once learned, this tool can be used throughout your life to change negative limiting beliefs into positive health giving beliefs. Self-hypnosis and the law of attraction will bring you whatever you want. Because if you can change what you focus on, that is, what you think about and feel most of the time then you will change what you are attracting into your life. The subconscious is an emotionless database of stored programs. When a stimulus is perceived it will automatically engage the behavioural response that was learned when the signal was first experienced. In other words your buttons are pushed like someone pressing the play button on a program on your computer.

The conscious mind regularly tries to overcome the subconscious programming with willpower but to no avail, it is the subconscious mind which always wins out.

Remember when you learnt how to drive. Your conscious mind had to do and learn everything from the beginning. Now when you are driving the subconscious mind takes over with the programs learned in the beginning, and sometimes, while you are listening to music or talking to someone else, you realise your conscious mind was somewhere else and 10 km down the road you see your subconscious mind has controlled everything necessary in the car without any memory of it.

Neuroscientists and biologists are recognising at last that our thoughts, beliefs and emotions are shaping our brain and our genetics. Quantum physicists extend this understanding by recognising that our thoughts, beliefs and emotions are actually forming the world we see at a subatomic level. So science is indeed beginning to understand that we do create our reality through our thoughts, beliefs and emotions and that hypnosis is one of the best ways to change our subconscious habits of thought, and so be in control of how we create our reality.