

Change your Brain: Evolve your Mind

We survive and thrive on this planet because of the human brain and its innate ability to constantly change and adapt to external conditions. The brain's ability to remold itself opens up enormous possibilities for us to make conscious changes and improvements in our daily lives. As we learn to train our minds and change our brains, we will ultimately evolve a more refined and satisfying quality of life for ourselves.

The mind is the energy that forms the patterns that ride the flow of the chemical and electrical interactions. By training the mind, it is possible to alter the brain's neuronal connections and circuitry that are responsible for emotions, behaviors, and perceptions, and thereby reshape the brain structure and change the way the brain functions. As we alter the brain circuitry, we are changing our mind, both figuratively and literally.

An overview of scientific perspectives on the brain/mind shows how personally evolving your own brain can help change your life in any direction you desire. Evolving and changing your brain may require engaging in some mental training practices. These can be transforming as they integrate your mind and change your response to yourself and to life. From brain training, it is possible to discover a new way of being in the world and an increased sense of emotional balance and physical health.

Scientists who continually design new research tools for uncovering the brain's mysteries tell us that the brain is the most complex networking system in the known universe. It has many parts that systematically interact, connect, and function in a remarkable arrangement of electrical pulses and chemical reactions. But today, even when we are in so called, relaxation, we are filling our time with movies, television, cell phones and computers. We are always connected with the outside world but find little time to reflect, be quiet, and find connection to our inner selves. This switch to our inner world is off, and we don't know how to turn it on. The Buddha called this condition suffering. Today we call it stress, which is being out of balance with no time to rest and reset the very system that will bring us back to a natural flow.

The brain/mind gives us support as we become aware of the need to make a change and flip the switch. Herein lies the magnificence of the brain's fine wiring system. The neuronal pathways (the brain's wiring system) can be altered and changes made to how we feel, think, and behave and how the body responds to stressful situations. Negative attributes can be rewired in the light of conscious awareness

and disciplined practice. As you learn new skills, try out new activities, expand your thinking, and deepen your feeling, according to Patt Lind-Kyle, you are evolving and changing your neuronal pathways. You are constantly rewiring your brain and changing the nature of your life.

As you become more skillful at using brain training, the various mind states connect to and align the brain patterns in the neo-cortex (the newest part of the brain, in the cerebral cortex), the limbic center (the emotional brain), and the reptilian brain (the old or ancient brain). Research has shown that brain training can actually increase the size and arborization of specific brain areas. We can mentally change our brain structure, increase brain cells, and modify neuronal pathways through our life experiences. Brain training is at the heart of making positive changes in every area of life. At the most basic level, this type of training improves mental stability and bestows a healthier immune system. A stable, focused, and calm mind reduces stress, which results in less illness and emotional fatigue.

The neuroplasticity and adaptability of the brain is the leading edge of your own personal evolution. The more you change your mind, the more you change your brain. The more your brain changes, the more your mind evolves. In this way, you will heal your mind and discover your home base within: a source of peace, calm, and vitality in your life. Visit www.loralonsberry.com for more information on changes without medications.