



freshwaysforward

TRAIN YOUR BRAIN !

We are what we think. So what are you thinking?

It was Buddha who said 'we are what we think'. While many Eastern cultures have understood this concept for thousands of years, we modern western folk are only just beginning to understand the significance of it. I certainly remember a time when it didn't occur to me that I might be able to think or feel differently to what I saw as 'just me' or 'just how I'm feeling today'. Most of us have had the experience of that voice in our head (it's ok, it's quite normal to have one) giving us a hard time; berating, harassing or unashamedly criticising. For me, it was always about 'hassling' myself; to do better, achieve more and so on.

How we treat ourselves or 'talk' to ourselves can have a major impact on how happy (or not) we feel overall. A life coach I worked with in the UK several years ago suggested I treat myself like a best friend. Wow, that was a shift for me, and a life-changing one at that. Petra Bagust was recently quoted in Next as saying "I believe that what we say, read, eat and spread on ourselves becomes a big part of who we are... Positive food, positive thoughts, positive lifestyles – the physical, emotional, spiritual and the mental all interconnect."

It isn't only our mental or emotional wellbeing that benefits from positive 'self-talk'. It also boosts our physical health. And habits of self-criticism not only affect how we feel about ourselves; they influence how we feel about others also. When we expect a lot from people or wait for them to make what we would perceive as mistakes, it is often a reflection of the pressure we put on ourselves.

Modern science is now helping us make sense of how, what we think constructs our reality. Much of it has to do with how our brain works, particularly the unconscious (sub-conscious) part of the brain. And NLP (neuro linguistic programming) is an exciting new field of study that provides a range of techniques that allow us to make changes to those ways of thinking that don't work so well for us.

I have not come across many clients who don't have a habit of being self critical and hard on themselves. It is common to hear people say that they, or someone they know, has 'low self-esteem'. NLP tells us that this is not something they have; it is simply something they are doing. And that they can learn to do something different, such as care for themselves, heal their emotions, love themselves the way they love their closest friends and family. And if we can create a reality like that, what a breathtaking place that would be to live our lives from.



Tid bits and tips: your health

1. Have you fully embraced this latest craze of taking essential fatty acids (Omega 3, 6 & 9)? There is an increasing body of research demonstrating it's value in improving skin, brain function, lowering risk of disease and helping expectant mums with that 'fuzzy brain' and post natal depression (etc etc!). While we can make changes to how we think and feel at a neurological level, the team at the Holistic Medical Centre here in Auckland explain that helping our bodies to 'feel' good helps too! Read more at www.holisticmedicalcentre.co.nz. Be sure to eat fatty fish (such as salmon) three times a week, or purchase a good quality fish oil that is mercury-distilled.



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2. Did you know that the Chinese Tao practice of Chi Kung has been shown in hundreds of studies to heal illnesses? Richard Bolstad, international NLP practitioner, trainer and author, says the Chi Kung practice, Microcosmic Orbit, is currently the most effective treatment of Parkinson's Disease here and in the United States. To find out more about Chi Kung practices, call or email me now!
3. How do you feel about your health right now? If any of your thoughts are not totally positive, take a moment to focus on *what you want instead*. Really imagine it now. What would it look like and feel like? How would you know you had perfect health, fully and completely? Take as long as you need.
Now that you've done that, your mind is clear about what to focus on instead, because as The Secret says, you get what you focus on! This is the first step towards creating health for yourself.

*"Could we change our attitude, we should not only
see life differently,
but life itself would come to be different."*

Katherine Mansfield