



# Using the Powers of Our Brain

Mount Kebnekaise, Sweden

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# Introduction

Our brain is the most complex part of our body and the most important. It is the central computer that controls all of our body functions. Therefore, it is important that we have a better understanding of it and how it works in our day-to-day life.

This three-pound organ is the seat of our intelligence, interpreter of our senses, initiator of body movements, instigator of our feelings, and controller of our behavior. Lying in its bony shell and washed by protective fluids, our brain is the source of all the qualities that define our human experience.

Neuroscience now tells us that we each have three brains. The one we most often think of is the head, however, we also have a heart brain and gut brain.

When used properly, it can help relieve stress and heart disease, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties. This is because it is in charge of thoughts, decisions, memories, emotions, movements, motor function, balance, coordination, regulation of organ function, speech and language functions, and perception of various sensations, including pain. Our brain and the spinal cord that extends from it make up our entire central nervous system. About 75 percent of our brain is made up of water. This means that dehydration, even in small amounts, can have a negative effect on our brain function.

For most of us, we rarely give our brains a thought. However, if and when we do, we have a better chance of living a more peaceful, interesting, and loving life. We all have the ability to alter our wiring by altering our own frequency and vibration.

In order to use our brains more efficiently, it is important to understand the intricate workings of it better. In doing so, we can all have the wherewithal to go through our human journey in a more productive and healthy way, no matter our circumstances.

# Exercise 1

## Our Emotional Intelligence

### Connected to our Heart

Our emotional intelligence is the ability to access the full spectrum of our feelings and apply them wisely.

#### Signs of Emotional Intelligence

Self-awareness  
Problem-solving skills  
Self-motivated  
Well balanced boundaries  
Empathy and integrity

1. Which signs of emotional intelligence do you excel in?

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2. Which do you need to work on and how will you do that?

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3. Overall, how would you score yourself on emotional intelligence? 1 being difficult, 2 being mediocre and 3 being achieved.

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# Exercise 2

## Our Imagination Connected to Our Creativity

Our imagination is the ability to form mental images of something not present in our immediate reality or senses.

### Signs of Imagination

Exploring new ideas  
Willing to be different  
Out-of-the-box thinking  
Risk-taking  
Curiosity

1. Which signs of imagination do you excel in?

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2. Which do you need to work on and how will you do that?

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3. Overall, how would you score yourself on imagination? 1 being difficult, 2 being mediocre and 3 being achieved.

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# Exercise 3

## Our Intellect

### Connected to Our Knowing

Our intellect is the ability to understand and filter reasoning for what is good and what is nonsense.

#### Signs of Intellect

Loves proficiency

Seeks answers

Good decision making

Processes complex information

Thrives on unique topics

1. Which signs of intellect do you excel in?

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2. Which do you need to work on and how will you do that?

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3. Overall, how would you score yourself on intellect? 1 being difficult, 2 being mediocre and 3 being achieved.

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# Exercise 4

## Our Intelligence Connected to Our Learning

Our intelligence is the ability to acquire and apply knowledge, practicality, and skill.

### Signs of Intelligence

Always seeking knowledge

Seeing the bigger picture

Learning from experience

Deriving information

Communicating correctly

1. Which signs of intelligence do you excel in?

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2. Which do you need to work on and how will you do that?

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3. Overall, how would you score yourself on intelligence? 1 being difficult, 2 being mediocre and 3 being achieved.

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# Exercise 5

## Our Intuition

### Connected to Our Gut

Our intuition is the ability to understand something, without the need for conscious reasoning or direct knowledge.

#### Signs of Intuition

Quick to pick up on emotions

A good judge of character

Deep thinker

Strong inner voice

Sudden realizations

1. Which signs of intuition do you excel in?

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2. Which do you need to work on and how will you do that?

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3. Overall, how would you score yourself on intuition? 1 being difficult, 2 being mediocre and 3 being achieved.

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# Exercise 6

## Our Insightfulness

### Connected to Our Keen Astuteness

Our insightfulness is the ability to have a very clear overall picture of something or someone.

#### Signs of Insightfulness

Listens intently  
Does not assume  
Interested in other people's journey  
Wanting truth  
Yearns for a deeper understanding

1. Which signs of insightfulness do you excel in?

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2. Which do you need to work on and how will you do that?

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3. Overall, how would you score yourself on insightfulness? 1 being difficult, 2 being mediocre and 3 being achieved.

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# Exercise 7

## Our Instinct

### Connected to Our Survival

Our instinct is the ability to respond automatically to a situation without having to think.

#### Signs of Instincts

Sensing that something feels wrong in our body

Sensing that there is danger

Sensing that we need help

Sensing that something is off

Sensing that something is wonderful and right

1. Which signs of instinct do you excel in?

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2. Which do you need to work on and how will you do that?

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3. Overall, how would you score yourself on instinct? 1 being difficult, 2 being mediocre and 3 being achieved.

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# Exercise 8

## Our Mind

### Connected to Our Enlightened Thought Processes

Our mindfulness is the ability to calmly acknowledge and accept things through a gentle and nurturing lens.

#### Signs of Mind

Does not get hooked on emotions  
Pays attention to disarm negative thoughts  
Embraces imperfection  
Asks questions  
Works on quelling ego-driven desires

1. Which signs of mind do you excel in?

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2. Which do you need to work on and how will you do that?

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3. Overall, how would you score yourself on mind? 1 being difficult, 2 being mediocre and 3 being achieved.

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# Right Brain versus Left Brain

The brain is a highly complex organ that plays an essential role, not just in thinking, but in all body functions. It is divided into two halves or hemispheres, the right, and left. Specific areas are responsible for different functions, but the brain works as a whole. The two sides look very much alike, but there is a huge difference in how they process information. Despite their contrasting styles, the two halves do not work independently of each other.

## Right Brain

### Holistic Thinking – Analog Comparative Brain

The right brain is more visual and intuitive. People who are more right-brained are more creative, and imaginative and have a less organized way of thinking. Fear and anxiety are housed in the right brain.

### Characteristics of Right-Brained People

- Guided by the heart
- Watches non-verbal cues
- Loves the arts
- Emotional
- Visionary
- Interested in the occult
- Expansive
- Takes time to think things out
- Sees the bigger picture
- Subjective and personal

## **Left Brain**

### **Linear Thinking or Digital Brain**

The left brain is more logical, analytical, and orderly. People who are left-brain dominant do well in careers that involve linear thinking, math, and verbal information. Anger and pride are housed in the left brain.

### **Characteristics of Left-Brained People**

- Delves into fact-finding
- Tends to Calculate Things
- More Dominant in Verbal
- Orderly and sequencing
- More Mental and Cerebral
- Likes Reading and writing
- Attends to details more
- Good at languages
- Better at quick responses
- Objective or non-personal

*Brain imaging technologies like MRIs suggest that, on average, we use both sides of our brain equally. This is what they call 'brain-ambidextrous'.*

# Brainwaves

Brainwaves are basically evidence of electrical activity produced by our brain. When a group of neurons sends a burst of electrical pulses to another group of neurons, they create a wave-like pattern. They can and do change, based on what we are doing and how we are feeling.

There are five widely recognized brain waves. Each wave helps us cope with different types of situations; from processing and learning new information, to helping us calm down after a lot of stress. If one of the five types of brain waves is either overproduced and/or under produced in our brain, our daily lives can be compromised.

There is still much to learn about brainwaves. Perhaps one day, there will be more knowledge which will improve our ability to relax, and our ability to learn more effectively.

## The Five Main Brainwaves

### Gamma

Gamma waves are the fastest brainwave. They mainly occur when we are highly alert, fascinated, intensely focused, or in a higher state of consciousness. We are likely at peak concentration when our brain fires gamma waves, like firing on all cylinders.

### Beta

Beta waves are the most common pattern in the normal waking state. They occur when one is engaged and focused on problems solving. We have faster beta waves when we are involved in very complex thought processes. Or, we can have slower beta waves that tend to occur more when we are mulling something over.



## **Alpha**

Alpha waves indicate that the brain is when we are quiet and contemplative. When one puts electrodes on our scalp while we are sitting, but not thinking too much, it's likely that the alpha waves would dominate the EEG results. Therefore, it has been suggested that adjusting alpha waves can help with anxiety disorder.

## **Theta**

Theta waves occur when we are sleeping or dreaming, but not during the deepest phase of sleep. They occur just before we wake up. Experts believe that Theta waves are important for processing information and making memories. They tend to be more dominant when we are deeply relaxed or in a meditative state.

## **Delta**

Delta waves are the slowest. They are the strongest when we are in a deep dreamless, restorative sleep. This is the state where healing and rejuvenation are stimulated the most, which is why having proper sleep is so very important to our life. Lack of sleep can disrupt the healthy balance we all need.

# Suggestions and Tips

## Keeping Our Brains Sharp

Spend time each day reading, writing or both

Never stop wanting to learn

Play board games or card games

Listen to the creative ideas of others

Try something new

Crossword Puzzles

Constantly look within

Break old patterns

Go outside our comfort zone

Sense of humor

Physical exercise

Eat good food

Make time to breathe and relax

When doing simple chores, do them in quiet

## **Sleeping Better**

### **How to Calm and Center Ourselves**

Identify the stressors  
Do not get stuck in the analysis  
Reassess  
Think of a good action  
Rename thoughts  
Journal the Process

## **Living Better**

### **How to Calm and Center Ourselves**

Watch fish swim  
Avoid alcohol, smoking, and recreational drugs  
Exercise, even a little  
Remember to breathe  
Listen to soft, beautiful music  
Be of self-less service  
Spend time in nature  
Take time with animals  
Focus on gratitude  
Meditate or just be quiet  
Face fears in order to replace fears  
Take time to rest  
Develop or work on faith

**Brainstorm, Brainstorm, Brainstorm, Brainstorm**

# Summary

Our brains are so very complex, containing approximately 100 billion neurons and 100 trillion connections. It is the command center for what we think, feel, and do. Therefore, this guide could have been 1000 pages long. However, the information provided is meant as a simple jump-start to a better understanding of ourselves and what makes us tick.

Our world is filled with an abundance of chaos, negativity, and senseless noise. In order to quiet and center our brains, we need to find and incorporate stillness and consciousness into our daily life. Brain chatter and over-active brains do not help us fill our lives with love, serenity, wisdom, or success.

Our brains are tailor-made for learning. Therefore, if we are wise, we will want to train or re-train our thoughts and feelings. We want to focus on the positive, the wonderment, the mystical, and the magic and infuse all these incredibly magnificent merits into our brain power.

It is clear that our brains can be our best friends or our worst enemies. In truth though, we have so much more control than we ever realized. Luckily, there is an incredible amount of information and many modalities available to help and assist us.

We do not have to limit ourselves in any way, shape, or form. The human brain constantly re-organizes itself to change, whether physically or through life experiences. We can have a much wider and positive cinematic view of ourselves and our involvement in this very wounded, yet wonderful world.

**To Be or Not to Be – It Is Up To Thee**